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UFC UNDISPUTED 2010™

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FIGHTER RECORDS

Any records mentioned for the fighters in this guide were accurate at press time for this guide. To get the most up-to-date information about UFC fighters, check out www.ufc.com, or look for periodic game downloads that will update the records of the fighters.

WEIGHT CLASSES

If you see a fighter listed with a second weight class appearing next to his name, that means he is able to compete in two weight clases. Each fighter is listed only one time in this guide, so some numbers in the table of contents may appear out of order. For example, Mark Coleman's name appears twice in the table of contents, but both references point you to his entry, which appears in the Light Heavyweight division section.

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AI FIGHTER BEHAVIOR

When facing computer-controlled fighters, they may act differently from what is described in the upcoming "In the Octagon" sections for each fighter. The fighter AI changes based on the AI Difficulty setting selected by the player and it also changes based on the player fighter's reputation as determined by the underlying Game is Watching you system.

TRAINING CAMP

Climbing the ranks of the UFC takes more than a stiff uppercut or a tight armbar. You must know your fighter's strengths and your opponent's weaknesses, be able to formulate a game plan to take advantage of both and have the mental quickness to be able to improvise in the Octagon if things don't go as expected.

This section of the *UFC 2010 Undisputed* guide breaks down every concept and control you need to master to achieve ultimate success in the UFC. It begins with the most basic facts and ends with the most complex information. Once all of it becomes second nature to you, you're well on your way to wearing UFC championship gold!

BASIC CONCEPTS

Every UFC fighter has to have a thorough understanding of these basic concepts before they even set foot in the Octagon.

MATCH RULES

Each UFC fight takes place over the course of two or three five-minute rounds, with the exception of championship matches, which run five rounds. When the time limit in a round has been reached, both fighters must immediately disengage and return to their corners, where they get a brief moment to catch their breath and get advice from their corner.

During the fight, both fighters must stay busy. If they are not constantly trying to damage or gain an advantage over their opponents, the referee can break them up (if they're on the ground or in the clinch). In extreme cases, the referee may deduct a point from one or both fighters as a penalty for inactivity.

VICTORY CONDITIONS

There are six ways to win a fight:

Knockout (KO)

If you land a perfect strong strike or strong kick against a weakened opponent's head, you might just knock him out cold. If that happens, the fight is over, and you're awarded the victory by KO.

Technical Knockout (TKO)

If you gain the advantage over your opponent and hit him with several unanswered head strikes, he winds up disoriented ("rocked"). When rocked, he is helpless to defend himself intelligently. If you press the attack with additional punches, the referee will stop the fight and declare you the winner by TKO.

Submission

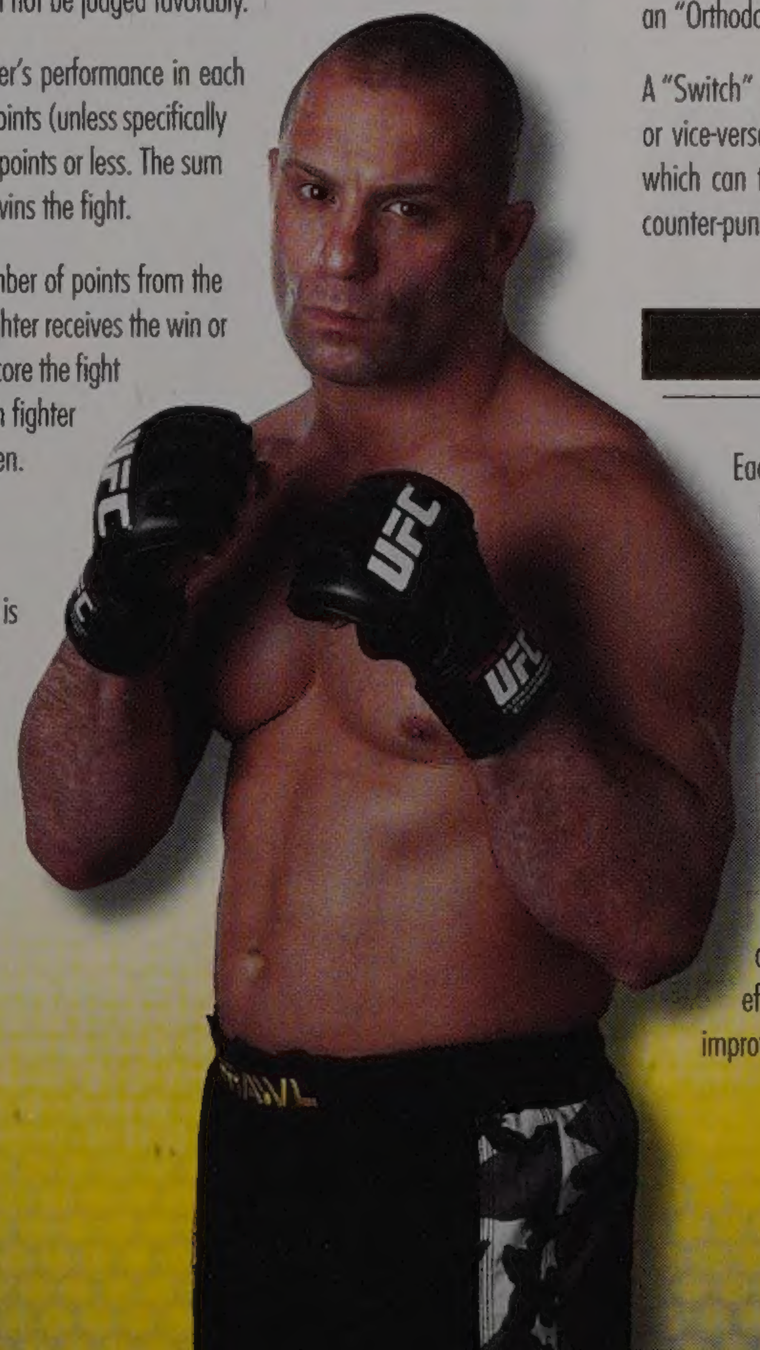
When your opponent is on the ground and you're on top of him in a dominant (or "advantaged") position, you can attempt a submission hold. Submission holds are special grapples intended to either put extreme stress on an opponent's joint or choke an opponent unconscious. If your opponent can't break or withstand the hold, he will either tap or pass out, awarding you the victory by submission.

Decision

If neither fighter is able to finish his opponent by the end of the final round, the fight goes to the judges, who score the fight according to a number of factors, including the number of successful strikes, reversals and takedowns each fighter executes, and the amount of time each fighter spends in the advantaged position on the ground. Fighters who constantly remain on defense and show little in the way of offense will not be judged favorably.

There are three judges, and each of them rates each fighter's performance in each round of the fight. The winner of each round is awarded 10 points (unless specifically penalized by the referee); the loser of the round receives 9 points or less. The sum total of all judges scores across all rounds determines who wins the fight.

In rare situations, each fighter receives the exact same number of points from the judges. In that case, the fight is ruled a draw, and neither fighter receives the win or loss. A draw will also be declared if two of the three judges score the fight as a draw, regardless of the third judge's decision, or if each fighter receives one judge's nod, with the third scoring the bout even.



Forfeit

If either fighter forfeits a fight before it's over, that fighter is awarded the loss, and his opponent is declared the winner by forfeit.

Doctor Stoppage

If a fighter receives a cut above the eye that bleeds heavily and inhibits his ability to see properly during the fight, the fight doctor will stop the fight.

ATTRIBUTES

Each fighter has three physical attributes: strength, speed and cardio.

STRENGTH

A fighter's strength is self-explanatory. It's the physical power behind every strike he throws and every grapple he executes. Fighters with higher strength inflict greater damage with their strikes, and they have an advantage when attempting grappling moves, often overpowering their opponents with brute force.

SPEED

Speed determines how quickly a fighter can execute his moves. The higher a fighter's speed attribute, the faster the fighter can punch and grapple, and the shorter their opponent's window for blocking or countering is. On defense, a fighter with high speed has a better chance of countering and blocking their opponent's attacks.

CARDIO

Cardio is a measure of a fighter's maximum energy reserves. The more cardio a fighter has, the more active he can be during the fight before he's exhausted ("gassed"). Every physical action during the fight, from strikes to transitions, requires energy. The bigger the move, the more energy it takes. The higher a fighter's cardio, the more energy he has to burn.

NAVIGATION STYLES

A fighter's navigation style is the first of five factors that makes up his fight style. (The others include fight stance, lefty/righty, attributes, and skills.) A fighter's navigation style determines how he carries himself as he moves around the Octagon. However, it does not affect his performance in any way.

FIGHT STANCES

A fighter's fight stance determines the way he holds himself when he is standing still in the Octagon. This has a very minor effect on the fighter's performance; the only thing you need to make sure of is that your right-handed fighter uses an "Orthodox" stance, and your left-handed fighter uses a "Southpaw" stance.

A "Switch" stance means that the fighter switches from an Orthodox to a Southpaw stance ("Southpaw and Switch") or vice-versa ("Orthodox and Switch") when he first stops moving. He also switches quickly when standing still, which can throw an opponent off-balance and force them to make a mistake. Switch stances are best used for counter-punching fighters.

STAMINA AND ENERGY

Each fighter has a limited amount of energy, which is depleted every time they attempt an action, from running to shooting for a takedown. The fighter's stamina attribute represents their maximum energy level. Energy automatically recovers over time when a fighter limits his activity, and it also partially replenishes between rounds.

If a fighter has high energy, not only can he perform more actions, his success rate for those actions is greater.

If a fighter fully depletes his energy, he is "gassed" (exhausted). When gassed, a fighter cannot take any action except movement until he has fully recovered his energy.

To avoid becoming gassed, be sure to pace yourself. Don't throw flurries of strikes recklessly, and don't burn yourself out by going for big moves repeatedly. Pick your spots carefully to maximize their effectiveness and preserve your energy. In Career Mode, you can raise your maximum energy level by improving your cardio attribute.

SKILLS

In addition to their three attributes, each fighter also has eight skills, with an offensive and defensive rating in each. The first four are striking skills, and they cover techniques performed with the face buttons (Ⓐ, Ⓑ, Ⓧ and Ⓨ for the Xbox 360; ◯, □, △ and ✕ for the PS3). The last four are grappling techniques that are executed with Ⓡ.

STANDING STRIKES

Standing strikes include every striking attack that uses the hands or arms (including punches, forearms and elbows) and is thrown from a standing, non-clinch position against a standing opponent. The offensive rating indicates how much damage a fighter inflicts with a standing strike, while the defensive value reflects how much damage a fighter can absorb from a standing strike.

STANDING KICKS

Every striking attack that uses the fighter's foot or leg and is performed from a standing, non-clinch position against a standing opponent is covered in the Standing Kicks category. This includes leg kicks, straight kicks and knees. A higher offensive value means the fighter inflicts greater damage with a standing kick; a higher defensive value means the fighter takes less damage from a standing kick.

CLINCH STRIKING

Any strike that is performed in the clinch, whether performed with arms and hands or feet and legs, is included in the Clinch Striking category. Muay Thai fighters have an especially broad range of clinch strikes. The offensive value indicates the effectiveness of the fighter's strikes in the clinch while on offense. The defensive value represents the ability of the defending fighter to limit the damage of clinch strikes, and it also indicates the power of the fighter's clinch strikes while he's on the defensive in the clinch.

GROUND STRIKING

Any punches, kicks, elbows, knees or other strikes thrown on the ground are covered by the Ground Striking skill. The offensive rating indicates the amount of damage done by the fighter in the advantaged position, while the defensive rating reflects the disadvantaged fighter's ability to limit the damage from these strikes, and it also determines the damage done by a disadvantaged fighter's strikes.

CLINCH GRAPPLE

Like the name implies, clinch grapples are any grapple performed while fighters are in the clinch. The offensive rating represents the effectiveness of the takedown attempts of the fighter on offense. The defensive rating measures the ability of the defending fighter to resist the takedown, as well as the effectiveness of his defensive takedowns.

GROUND GRAPPLE

When at least one fighter is on the ground, the goal for the fighter in the advantaged position is to try to improve his position with ground grapples to put the defending fighter in an even more disadvantaged position. The Ground Grapple skill's offensive rating measures the advantaged fighter's ability to improve his position, while the defensive rating indicates the defending fighter's skill in fending off the advances and returning to a standing position or taking the advantaged position.

TAKEDOWN

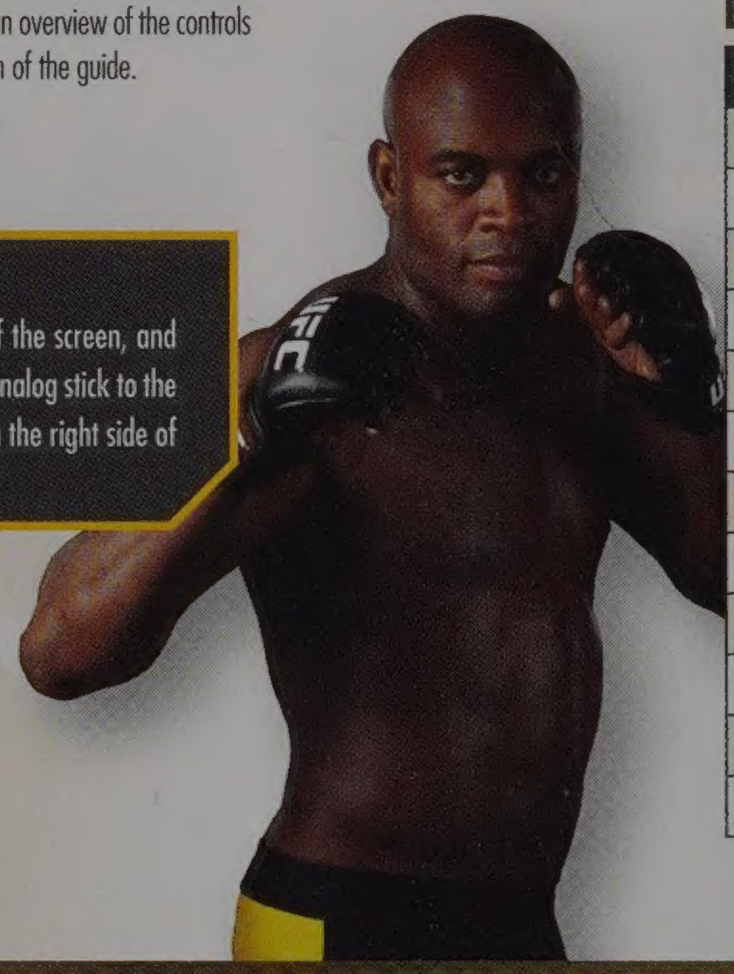
The Takedown skill covers any attempt by a standing fighter to shoot for the takedown against another standing fighter. The offensive and defensive ratings indicate the effectiveness of a fighter's ability to take his opponent down to the ground or fend off a takedown attempt, respectively.

SUBMISSION

Submissions can be executed from an advantaged or disadvantaged ground position. BJJ fighters also have options for initiating a submission from the clinch. The offensive value of the Submission skill represents the damage done by the submission and the difficulty of breaking it. The defensive value indicates the length of time the defending fighter can withstand the submission, as well as his ability to struggle free from the hold.

BASIC CONTROLS

Now that you have a general understanding of *UFC 2010 Undisputed's* basic concepts, here's an overview of the controls used during fights. For detailed move lists broken down by position, see the end of this section of the guide.



DIRECTIONAL NOTE

For the purposes of this guide, it is assumed that your fighter is on the left side of the screen, and your opponent is on the right. That means that L→ doesn't just mean "push the left analog stick to the right," it means "push the analog stick toward your opponent." If your fighter is on the right side of the screen, reverse all right and left L and R commands.

BASIC CONTROLS

COMMAND	360	PS3
Move	L	L
Left Punch	X	□
Right Punch	Y	△
Left Kick	A	✕
Right Kick	B	○
Grapple	R	R
Low Guard	RT	R2
High Guard	RB	R1
Fighting Technique Modifier	LB	L1
Attack Height Modifier	LT	L2
Taunt	◇	◇
Pause	START	START

MOVEMENT

The most fundamental commands that you need to learn are the movement commands. There are three basic movement commands: walking, running and stepping.

MOVEMENT CONTROLS

COMMAND	360	PS3
Walk	Push L	Push L
Run	Hold L and push L	Hold L and push L
Step	Flick L	Flick L

- Walking is an energy-efficient way to maneuver around the Octagon and position your fighter. The further you push L, the faster he moves.
- Running lets you quickly close distance between you and your opponent (or get out of a bad situation), but it burns much more energy than walking.
- Stepping only moves your fighter a short distance, but it consumes very little energy. It's good for moving between probing, striking and clinching range, and stepping toward your opponent while striking unleashes a heavy strike. You can also sidestep around your opponent to avoid counterstrikes by flicking L↑/L↓.

STRIKING

Striking refers to any sudden, forceful attack like a punch, kick, elbow, or knee. Strikes generally use less energy than grapples, but they don't advance a fighter's position (unless the strike knocks down his opponent). Although standing strikes are the most common, strikes can be thrown from any offensive or defensive standing, clinch or ground position.

A perfectly timed strong strike against a weakened opponent can result in a KO. Repeated, unanswered strikes against a fighter who is unable to intelligently defend himself will result in that fighter getting rocked and might ultimately lead to a TKO.

All strikes are executed with the face buttons (Ⓐ, Ⓑ, Ⓧ and Ⓨ/◯, □, △ and ✕). Different strikes are executed in different positions, but these four buttons are always the ones used to strike.

BASIC STRIKING CONTROLS

COMMAND	360	PS3
Left arm/fist strike	Ⓧ	□
Right arm/fist strike	Ⓨ	△
Left leg/foot strike	Ⓐ	✕
Right leg/foot strike	Ⓑ	◯

RANGES

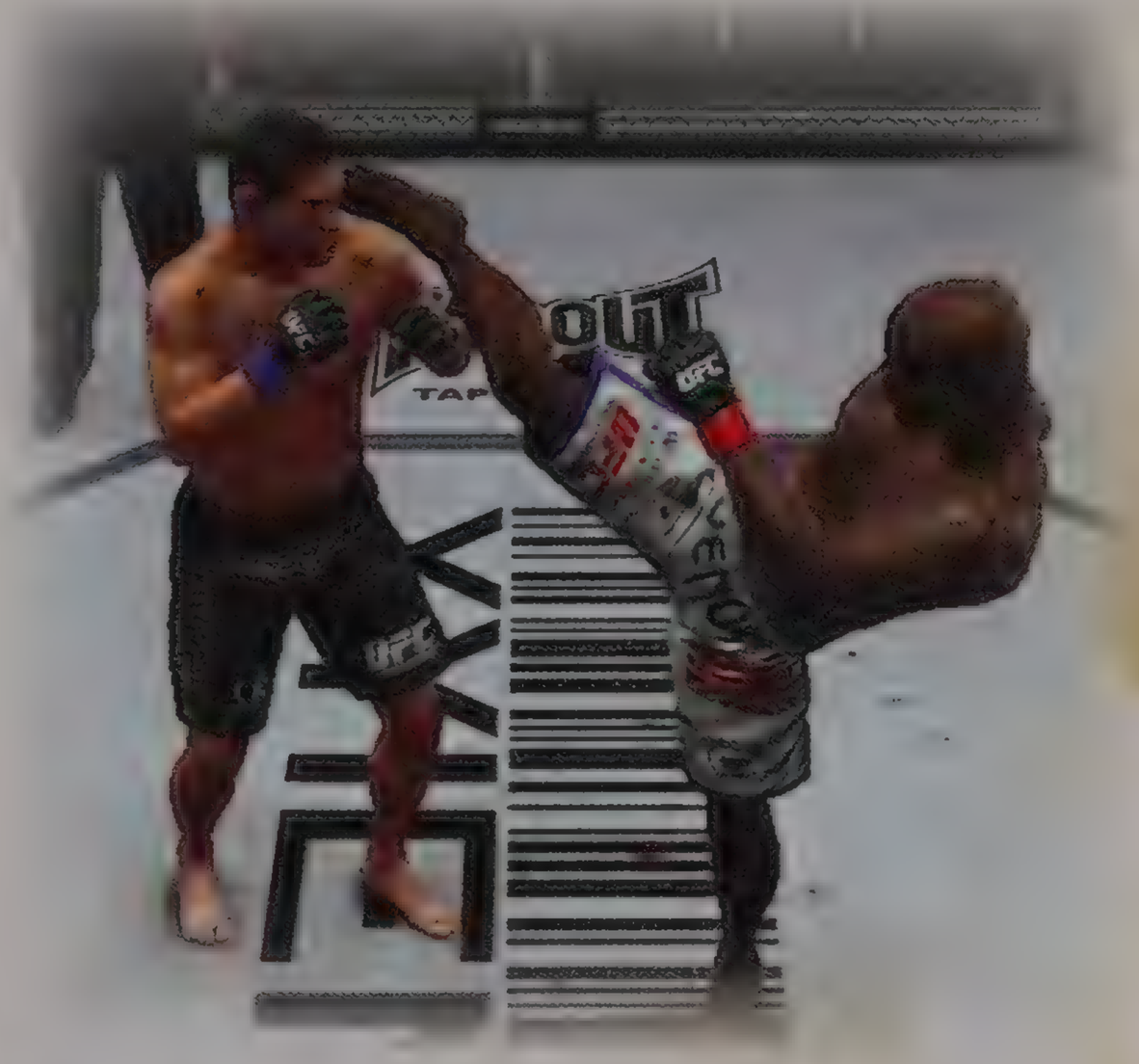
When both fighters are in a standing position, their distance from each other is called their "range." There are three standing position ranges, and each one allows for a different set of strikes.

Probing Range

At Standing—Probing range, both fighters are a significant distance from each other. Probing standing strikes include jabs, straight punches, hooks, lunging punches, and spinning back fists. Probing standing kicks include front kicks, leg kicks, snap kicks and flying knees.

Striking Range

At Standing—Striking range, fighters are close enough to pull each other into a clinch, but they're still far enough apart to throw punches and kicks. This is the range at which the most powerful strikes and kicks can be thrown, including uppercuts, head kicks, Superman punches and push kicks.



Clinching Range

Not to be confused with the clinch *position*, Standing—Clinching *range* is the closest two fighters can get while standing. From this range, only short strikes can be thrown, such as knees to the body and elbows. These strikes are generally not as powerful as strikes and kicks thrown from striking range.

STRIKE HEIGHT

Each strike you throw is aimed at your opponent's head, body or legs by default. You can change things up with the attack modifier button (LT/L2). Holding the attack modifier button while striking lowers the default strike target one step—head strikes become body strikes and body strikes become leg strikes.

Not only does varying the height of your strikes make it harder for your opponent to anticipate and block them, it also allows you to strategically pick apart your opponent according to your game plan:

Head strikes can result in your opponent getting rocked and TKOed, or even knocked out cold.

Body strikes whittle down your opponent's energy by knocking the wind out of him.

Leg strikes weaken your opponent's legs, reducing his movement speed and the power of his kicks. It also makes it harder for him to stop you from shooting for the takedown.

STRONG AND WEAK STRIKES

In addition to height and technique modifiers, there is a third modifier that affects the strikes you throw. By default, all strikes are considered weak strikes. They're fast and hard to counter, but they don't do a great deal of damage individually.

Pushing L stick while striking, however, transforms the weak strike into a strong strike. For example, while X/▢ at Standing—Striking range normally results in a weak Left Jab, L stick+X/L stick+▢ turns it into a Left Hook that is slower (and therefore easier to counter) but does significantly more damage

You can use L stick and the attack height modifier together to execute strong low strikes. At Standing—Striking range:

X/▢ is a weak strike to the head.

LT+X/L2+▢ is a weak strike to the body.

L stick+LT+X/L stick+L2+▢ is strong strike to the body.

Throwing a strike while stepping or running toward your opponent (by flicking or pushing L stick) is another form of heavy strike. However, because this requires you to step and strike, it's a much easier attack to predict and counter.

As with the L stick attack strength modifier, these heavy strikes can be further modified with the attack height modifier. At Standing—Striking range:

X/▢ is a weak strike.

LT+X/L2+▢ is a weak strike to the body.

Step/Run+LT+X/Step+L2+▢ is a stepping strong strike to the body.

TECHNIQUES

Each fighter also has one of nine technique templates, selected in the Create a Fighter process. The fighter's technique template determines the special technique moves available to him, which are used by holding R stick or L1 while entering the normal command for that style of move.

However, just because two fighters have the same technique template doesn't mean that they have the same action list. Each fighter has a set of moves selected in his Technique List, and these are the only special techniques moves that he can use during the fight.

COMBOS

The best way to inflict a great deal of damage in a short amount of time with your strikes is not to look for one big strike but to put together a combo of strikes that's extremely difficult for your opponent to counter or block.

Executing combos isn't just a matter of mashing buttons. It's snapping off two or three strikes that flow into each other, forming one seamless attack. Proper combos won't leave your fighter gassed at the end of them but will preserve his energy while leaving your opponent's head spinning.

FLYING STRIKES

If you are standing while your opponent is on his back, you are considered to be in an Up/Down position. It can be difficult to hit an opponent from this position, as they can kick you if you get too close. However, you can execute a flying strike by stepping toward your opponent and pressing a punch button (X or Y/▢ or △).

GRAPPLING

Grappling is the process of grabbing your opponent and executing a more elaborate action than a simple strike. Pulling your opponent into a clinch, taking him down to the ground, advancing your ground position on him and executing a submission hold are all examples of grappling techniques.

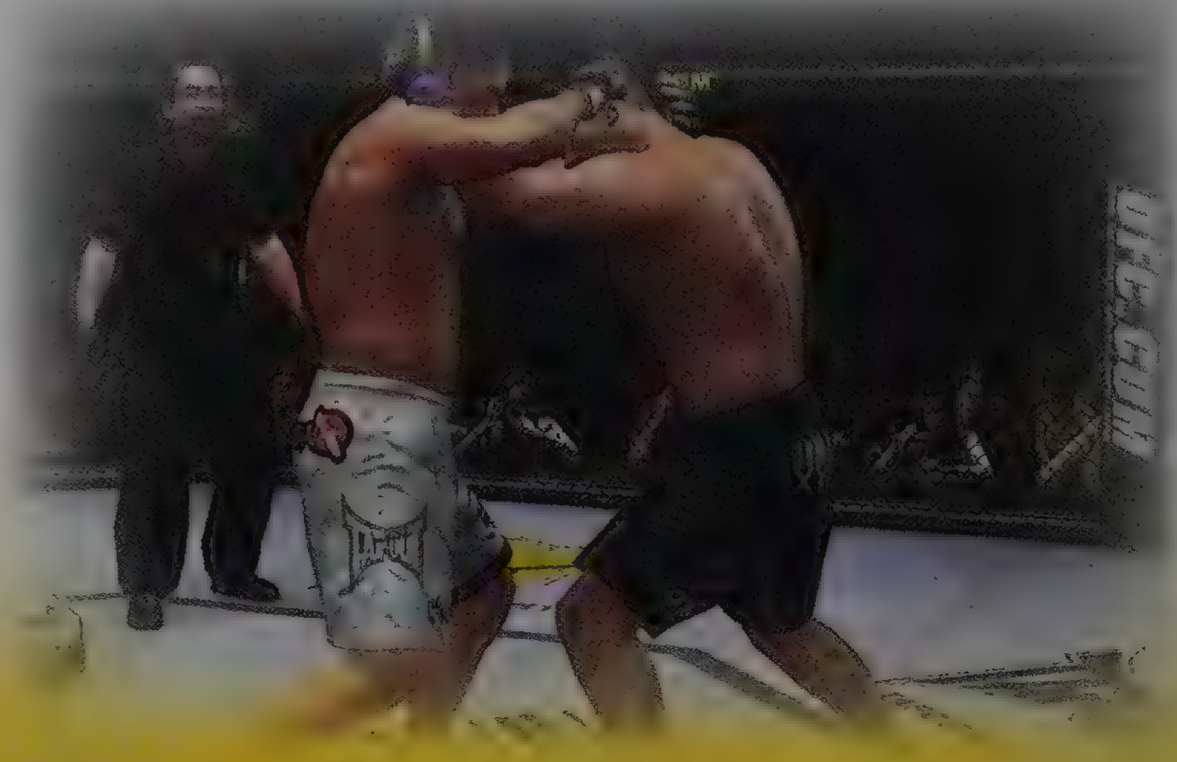
All grappling attacks and actions are performed with R stick, often in conjunction with other commands.

CLINCHING

Clinching is when one fighter pulls his opponent in close from a standing position and maintains control over his opponent's upper body. The fighter who initiates the clinch is on offense; the other fighter is on defense. Clinches can be initiated from any range when standing.

Body Clinches

The Double Underhooks and Body Lock clinches are two examples of body clinches. A body clinch is used to set up an opponent for a takedown. You're able to throw some strikes from a body clinch, but the range is so short that they don't do much damage. If you remain in a body clinch for too long, the referee will separate you.



OVER/UNDER LEFT & RIGHT HOOK CLINCH

From the defensive position in a Double Underhooks clinch, you can transition to the offensive position in an Over/Under Left or Right Hook Clinch by pushing ◉. This is another body clinch that you can take your opponent down from.

Collar Tie Clinches

Use collar tie clinches like the Muay Thai Clinch (which is sometimes known as a "double collar tie clinch") and Single Collar Tie clinch when you want to unleash clinch strikes on your opponent. Collar tie clinches give you a bit more separation from your opponent and, therefore, more distance to throw strikes. You can execute takedowns from these clinches, but the takedowns will not put you in as advantageous a position as a body clinch takedown will.

MUAY THAI WHIPS

While in a Muay Thai Clinch, pushing ◉ in any direction and then pressing a kick button (Ⓐ or Ⓑ/✕ or ●) executes a devastating strike called a Muay Thai whip, where the offensive fighter pulls the opponent's head down to meet his striking knee. Modifying the strike with the attack height modifier button (R1/R2) turns it into an equally formidable knee to the body. Anderson Silva uses Muay Thai whips to obliterate his competition in the UFC Middleweight Division.

TAKEDOWNS

Many fighters have superior ground skills that they use to finish off their opponents, but before they can use them, they have to get their opponents off their feet. By the same token, fighters whose greatest strength is their ability to stand with their opponents and knock them out need to be able to keep themselves from being taken to the ground. That's why takedown offense and defense is so important.

There are two different forms of takedowns. You can either shoot for a takedown from a standing position, or you can clinch up and throw your opponent to the ground.

Shooting For the Takedown

To shoot for a takedown, hold the fighting technique modifier button (L1/L2) while pushing ◉. If you time this so that you shoot just as your opponent is throwing a strike, the takedown is guaranteed to succeed.

If you attempt it at any other time, you have to struggle for the takedown by rotating ◉ or tapping the face buttons repeatedly. This consumes a much greater amount of energy than countering a strike with a takedown.

Throws

When you're in a body clinch (Double Underhooks or Over/Underhooks), you can throw your opponent to the ground using a weak or strong throw. Not all fighters have access to strong throws. Strong throws put the offensive fighter in a significantly advantaged position if he executes them successfully.

If a fighter does not have access to strong throws in the clinch that he's in, he executes a weak throw instead. These "throws" are usually trips or pulling grapples that end with the offensive fighter in Open Guard, the least advantageous of the advantaged positions.

GROUND POSITIONS AND TRANSITIONS

After a successful takedown, the fighter who executed the takedown winds up in an advantaged (offensive) position over the other fighter, who is in the disadvantaged (defensive) position. The goal of the advantaged fighter is to transition to more advantageous positions using his ground grapple skills.

The more advantaged a fighter's position, the more damage his ground striking does. Advantaged fighters also have access to stronger submission moves. For example, in the least advantaged position, the available submission might be a relatively easy-to-escape Kneebar. However, in the most advantaged position a fighter can execute an Armbar or Triangle Choke, which are much more likely to make an opponent tap out.

Position Hierarchy

Most ground positions fit into one of five tiers. The first tier (the Open Guards) is the least advantageous. The fifth tier (Mount) is the most advantageous. The offensive fighter needs to transition to higher tiers in order to gain a greater advantage over the defensive fighter, while the disadvantaged fighter tries to transition defensively to lower tiers or a standing position.

The following chart lists the major ground positions, how you get into them, and where you can go from them (from an offensive perspective):

MAJOR GROUND POSITIONS

TIER	POSITION	TRANSITION TO IT FROM...	TRANSITION FROM IT TO...
1st	Open Guard Down	Weak takedowns	Open Guard, Half Guard Down
1st	Open Guard	Weak takedowns, Open Guard Down	Half Guard, Side Control
2nd	Half Guard Down	Open Guard Down	Half Guard
2nd	Half Guard	Half Guard Down, Open Guard, strong throws	Side Control, Mount Down
3rd	Side Control	Mount Down, North/South, Half Guard, Half Guard Down, strong throws	Mount Down, North/South
3rd	North/South	Side Control	Side Control, Mount Down
4th	Mount Down	Half Guard, Side Control, North/South	Side Control, Mount
5th	Mount	Mount Down	n/a

Major and Minor Transitions

All transitions are executed by moving R in a direction and rotating it clockwise or counter-clockwise. For instance, to advance from Open Guard to Half Guard, you need to push R↖ or R↙. There are two types of transitions: major and minor.

TRANSITION CONTROLS

TYPE OF TRANSITION	360/PS3
Minor Transition to the Left	R↖, R↙
Minor Transition to the Right	R↗, R↖
Major Transition to the Left	R↺, R↙
Major Transition to the Right	R↶, R↷
Break and Stand Up (When in Advantaged Position)	LB

Minor transitions are relatively safe transitions that move you one tier up the position hierarchy (on offense) or down it (on defense). They are more likely to succeed against your opponent's ground grapple defense, but they don't significantly improve your position in a single move. They're also easier for your opponent to reverse.

Major transitions are high-risk, high-reward transitions. They're less likely to prevail against your opponent's ground grapple defense, but if you execute them successfully, you advance your position by more than one tier. Major transitions are also harder for your opponent to reverse.

MAJOR TO MINOR TRANSITION

Not all ground positions allow major transitions for every grapple technique. If a major transition is not available for your fighter in the position he's in, the major transition command will execute a minor transition instead.

Cage Transitions

New to *UFC 2010 Undisputed* are Cage Transitions, which some fighters can execute by pushing R when they are in a defensive position near the cage. If the Cage Transition is successful, the fighter takes the dominant position.

SUBMISSIONS

Fighters can attempt submissions from most ground positions and a few clinch positions by clicking LB. Once the submission is attempted, both fighters must struggle by rotating R. If the defending fighter lacks energy to fend off his attacker or has been too badly damaged, he will tap out, awarding the victory to his opponent.

DEFENSE

Although a fighter needs to remain on offense in order to control the match and dominate his opponent, no fighter has the cardio to throw punches and shoot for takedowns constantly. Fighters need to pace themselves, and part of that is knowing how to defend themselves from their opponents' attacks while they conserve their energy and avoid getting gassed.

STRIKE DEFENSE

Just because your opponent is hurling fists and feet at you doesn't mean that you have to let them hit you. In fact, your record will look a lot healthier if you learn to block and counter them.

Guarding

Keeping your guard up is the most fundamental defense you can have against strikes. Holding RB/L1 defends against high strikes aimed at the head, and holding RT/L2 defends against low strikes aimed at the body. There is no defense against leg kicks except to step back from the kick.

Guarding against strikes with your arms lowers the damage done by those strikes, but doing so also damages your arms, which eventually results in decreased punching power.

Counter Strikes

Counter strikes are a more effective—but much riskier—defense against strikes. They inflict greater damage than regular strikes. There are two categories of counters: major and minor.

To perform a major counter, strike your opponent just as they're starting a striking attack of their own; you must have greater speed than your opponent to pull this off. Major counters are harder to pull off, but they do significantly more damage.

Minor counters are easier to execute—simply strike your opponent immediately after their attack, when they're unable to block the strike. Minor counters don't inflict as much damage as major counters.

Catch Counters

Catch counters are a special form of counter that avoids taking any damage from a strike and puts you in an advantageous position. Use ↑ to catch counter a high strike or ↓ to catch counter a low strike.

Catch countering a punch transitions you into a body clinch where you're on the offensive. Catch countering a kick results in a takedown, with you in Open Guard.

CLINCH DEFENSE

Being on the defensive in a clinch is no fun, especially if you're fighting a Muay Thai expert. Fortunately, there are ways to avoid being pulled into a clinch, as well as techniques for limiting your opponent's attacks when you're on the defensive in the clinch.

Grapple Blocking

While you're in a standing position, you can press ← to execute a grapple block. Use it against an opponent who's trying to pull you into a clinch to block the attempt and remain in a standing position.

Clinch Escape

To get out of a clinch that your opponent has trapped you in, push ‹L› to move away from your opponent, or strike them repeatedly to get them to break the clinch.

Muay Thai Whip Guard

If you wind up trapped in a Muay Thai clinch and are being whipped by your opponent, you can guard against their knee strikes by pressing RB/L1 to block head strikes and RT/L2 to block body strikes.

To escape the Muay Thai whip, you have to push ‹R› in the opposite direction from the one your opponent pushed to start the whip as soon as he whips you.

TAKEDOWN DEFENSE

Some fighters with a jiu-jitsu background have additional submissions available to them when they're in the disadvantaged position on the ground, but that's the only silver lining to being taken down. Master these techniques to avoid being grounded by your opponent.

Grapple Blocking

Yes, this is the same technique as the one used to block a clinch attempt. Simply press ‹R› to stuff your opponent's attempt to shoot for the takedown from a standing position. This results in you winding up on the offensive in the Sprawl Position.

Shoot Intercept

Muay Thai and Kickboxing fighters can intercept an opponent's shoot attempt by pressing the fighting technique modifier and a kick button (L+A or B/L1+✕ or ◉). This throws a knee up into the face of the opponent and inflicts severe damage. Fighters with the Boxing striking ability do not have this option.

Throw Defense

If your opponent is attempting to take you down in the clinch with a weak throw, push ‹R› in any direction to stop him. If he's using a strong throw, however, you have to push ‹R› in the direction opposite from the one he's using to initiate the throw, and you have to do it immediately once he starts the throw.

GROUND DEFENSE

If you remain in a disadvantaged ground position for too long, the very least that will happen is that you'll look bad in the eyes of the judges. At worst, you'll be at the mercy of an opponent who enjoys a significant offensive advantage over you.

Escaping Ground Positions

While you're on defense in a ground position, you can use major (R↖, R↗, R↙, R↘) and minor (R↖, R↖, R↙, R↘) transitions to drive your opponent back to less advantaged positions. Defensive transitions work exactly like offensive transitions.

Executing a minor defensive transition from an Open Guard position or a major transition from a Half Guard position returns both fighters to Standing—Striking position.

Transition Blocking

Holding ‹L› while your opponent is attempting a transition performs a transition block. Transition blocking augment's your fighter's ground grapple defense skill and makes it less likely that your opponent's transition attempt will succeed.

Transition Reversal

Whether you're on offense or defense, you can attempt to reverse your opponent's transition by flicking ‹R› as soon as they attempt the transition. If you're successful, you'll move from the disadvantaged position to an advantaged one, or (if you're already on offense) you'll advance your position even further.

Submission Counter

When you are on defense in Open Guard or Half Guard, you can counter your opponent's strikes with a submission by pressing R as they're throwing a strike. If you do this while you're on defense in the Mount position, you transition to Mount—Down.

Getting Up From Up/Down

From the defensive posture in the Up/Down position, you can get up by pushing R. With some fighters, you can hold LT/L2 and push R to shoot for a takedown.

Stalemate

When neither fighter is willing or able to attempt to advance his position, the referee will break the stalemate by standing the fighters up. If you're in a disadvantaged position, you can use this to your advantage.

First, use a minor transition command (R↖, R↗, R↙, R↘) to transition to the "Down" version of the position you're currently in. For example, a successful minor defensive transition from Open Guard brings you to Open Guard—Down.

Once you're in the Down position, hold R→ or R← to prevent your opponent from being able to take any action against you. This enters into a stalemate that the referee will eventually break up.

SUBMISSION DEFENSE

Anytime your opponent has you locked in a submission hold, you're in trouble. Fortunately, there are a couple of ways to break free before you tap out—provided you have the energy and the submission defense to hold out long enough.

Technical Escape

A more skillful way of breaking out of a submission is the technical escape, which you can attempt by quickly rotating R while being submitted. Technical escapes favor fighters with high submission defense.

Technical escapes are less likely to be successful than brute force escapes, but you wind up in a more advantageous position if you do manage to succeed in breaking the hold.

POSITIONING

Different fighters can execute different strikes and grapples depending on the position that they're in. There are three major categories of positions: Standing, Clinch and Ground.

The next section of this chapter describes each of the positions as well as generic action lists for each and the positions that you can transition into from them. Use these as a general guideline for what you can do in each position, but be aware that they are only the tip of the iceberg.

PAUSE MENU ACTION LIST

Each fighter has over 1,000 potential default and special technique attacks and transitions available to him. A comprehensive list would do little good. Fortunately, a context-sensitive action list is available from the pause menu during a fight by pressing . Use that action list to see all of the moves that your fighter can perform from his current position as you master his techniques.

STANDING POSITIONS

Standing positions are positions where at least one of the fighters is on his feet and the fighters are not locked into a clinch. All four limbs are free to execute strikes.

STANDING—STRIKING

Both Standing—Striking range is the closest both fighters can stand to each other while still getting full extension on their strikes. This is the preferred standing position for strikers, who can use their punches most effectively from this range.

Positions That Transition Into Standing—Striking

Both Standing—Clinch
Muay Thai Clinch (Offense or Defense)
Single Collar Tie (Offense or Defense)
Double Underhook (Offense)
Open Guard (Defense)
Half Guard (Offense)
Half Guard, Down (Defense)
Side Control (Offense or Defense)
North/South (Offense or Defense)
Sprawl (Offense or Defense)
Back Side Control (Offense)
Up/Down, Near (Defense)
Up/Down, Far (Defense)

Positions That Both Standing—Striking Transitions Into

Both Standing—Probing
Both Standing—Clinch
Open Guard (Offense)
Open Guard—Down (Offense)
Half Guard (Offense)
Side Control (Offense)

STANDING—STRIKING ACTION LIST

COMMAND	360	PS3
Left Jab	X	□
Right Straight	Y	△
Left Front Kick	A	✕
Right Front Kick	B	○
Left Straight to the Body	LT+X	L1+□
Right Straight to the Body	LT+Y	L1+△
Left Leg Kick	LT+A	L1+✕
Right Leg Kick	LT+B	L1+○
Left Hook	L›+X	L›+□
Right Hook	L›+Y	L›+△
Left Snap Kick	L›+A	L›+✕
Right Snap Kick	L›+B	L›+○
Left Hook to the Body	L›+LT+X	L›+L1+□
Right Hook to the Body	L›+LT+Y	L›+L1+△
Strong Left Leg Kick	L›+LT+A	L›+L1+✕
Strong Right Leg Kick	L›+LT+B	L›+L1+○
Left Sidesteping Jab	L‹+X	L‹+□
Right Sidestepping Jab	L›+X	L›+□
Backstepping Jab	L‹+X	L‹+□
Right Uppercut	L‹+Y	L‹+△
Stepping Heavy Jab	Step+X	Step+□
Stepping Right Straight	Step+Y	Step+△
Left Push Kick	Step+A	Step+✕
Right Push Kick	Step+B	Step+○
Stepping Left Straight to the Body	Step+LT+X	Step+L1+□
Stepping Right Straight to the Body	Step+LT+Y	Step+L1+△
Reaching Left Leg Kick	Step+LT+A	Step+L1+✕
Reaching Right Leg Kick	Step+LT+B	Step+L1+○
Shoot to Double Leg Takedown	LT+R›	L1+R›
Shoot to Right Single Leg Takedown	LT+R	L1+R
Shoot to Left Single Leg Takedown	LT+R	L1+R

STANDING—CLINCH

Not to be confused with a clinching position, Both Standing—Clinch range is the closest two fighters can stand to each other without being in a clinch. Only short-range strikes can be executed from this position, which favors Boxers' punches and Muay Thai fighters' knees but puts Kickboxers at somewhat of a disadvantage.

Positions That Transition Into Both Standing—Clinch

Both Standing—Striking
Up/Down, Near (Defense)
Up/Down, Far (Defense)

Positions That Both Standing—Clinch Transitions Into

Both Standing—Striking
Muay Thai Clinch (Offense)
Double Underhook (Offense)
Single Collar Tie (Offense)
Over/Under Hook
Open Guard (Offense)
Open Guard—Down (Offense)
Half Guard (Offense)
Side Control (Offense)

BOTH STANDING—CLINCH ACTION LIST

COMMAND	360	PS3
Short Left Hook	X	□
Short Right Hook	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Short Left Hook to the Body	LT+X	L1+□
Short Right Hook to the Body	LT+Y	L1+△
Left Knee to the Legs	LT+A	L1+✕
Right Knee to the Legs	LT+B	L1+○
Left Elbow	L›+X	L›+□
Right Elbow	L›+Y	L›+△
Left Horizontal Knee to the Body	L›+A	L›+✕
Right Horizontal Knee to the Body	L›+B	L›+○
Left Uppercut to the Body	L›+LT+X	L›+L1+□
Right Uppercut to the Body	L›+LT+Y	L›+L1+△
Strong Left Knee to the Legs	L›+LT+A	L›+L1+✕
Strong Right Knee to the Legs	L›+LT+B	L›+L1+○
Body Clinch Grab	R›	R›
Shoot to Double Leg Takedown	LT+R›	L1+R›
Shoot to Right Single Leg Takedown	LT+R↱	L1+R↱
Shoot to Left Single Leg Takedown	LT+R↰	L1+R↰

CLINCH POSITIONS

In a clinch, the fighter on offense has control of the upper body of the fighter on defense. Body clinches (Double Underhook, Over/Under Hooks) are used to set up strong takedown throws, and collar tie clinches (Muay Thai, Single Collar Ties) are for setting up clinch strikes.

SINGLE COLLAR TIE

A Single Collar Tie is a collar tie clinch where the offensive fighter controls the defensive fighter's head with one arm. The "Left" and "Right" designations in the hold refer to the arm that the offensive fighter is using to clinch with his opponent.

This is the default collar tie clinch for most fighters, who can transition into a Muay Thai Clinch from it. Muay Thai fighters can only transition to it from a Muay Thai Clinch, but considering that the Muay Thai Clinch is a superior clinch, there's very little reason to do so.

There are also variant actions when the fighters are near the cage wall of the Octagon; see the action lists below for details.

Positions that Transition Into Single Collar Tie (Offense)
Both Standing—Clinch
Muay Thai Clinch (Offense)

Positions that Transition Into Single Collar Tie (Defense)
None

Positions Single Collar Tie (Offense) Transitions Into
Both Standing—Striking
Muay Thai Clinch (Offense)
Open Guard (Offense)
Open Guard—Down (Offense)—Special Technique Only
Half Guard (Offense)
Side Control (Offense)

Positions Single Collar Tie (Defense) Transitions Into
Both Standing—Striking
Muay Thai Clinch (Offense)
Open Guard (Offense)

Positions Single Collar Tie, Cage (Offense) Transitions Into
Muay Thai Clinch, Cage (Offense)
Over/Under Hook, Cage (Offense)

Positions Single Collar Tie, Cage (Defense) Transitions Into
Over/Under Hook, Cage (Defense)
Both Standing—Clinch

SINGLE COLLAR TIE ACTION LIST (OFFENSE)

COMMAND (FOR BOTH LEFT AND RIGHT VERSIONS)	360	PS3
Left Hook	X	□
Right Hook	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Left Hook to the Body	LB+X	L2+□
Right Hook to the Body	LB+Y	L2+△
Left Knee to the Legs	LB+A	L2+✕
Right Knee to the Legs	LB+B	L2+○
Grab to Muay Thai Clinch	R	R
Push Off to Both Standing—Striking	L	L
Drop to Double Leg Takedown	LT+R	L2+R
Drop to Right Single Leg Takedown	LB+R	L2+R
Drop to Left Single Leg Takedown	LT+R	L2+R

SINGLE COLLAR TIE ACTION LIST (DEFENSE)

COMMAND (FOR BOTH LEFT AND RIGHT VERSIONS)	360	PS3
Left Hook	X	□
Right Hook	Y	△
Left Hook to the Body	LT+X	L2+□
Right Hook to the Body	LT+Y	L2+△
Left Leg Kick	A	✕
Right Leg Kick	B	○

SINGLE COLLAR TIE, CAGE ACTION LIST (OFFENSE)

COMMAND (FOR BOTH LEFT AND RIGHT VERSIONS)	360	PS3
Left Hand Struggle	X	□
Right Hook	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Left Knee to the Legs	LT+A	L2+✕
Right Knee to the Legs	LT+B	L2+○
Push Off to Both Standing—Striking	L	L
Drop to Double Leg Takedown	LT+R	L2+R

SINGLE COLLAR TIE, CAGE ACTION LIST (DEFENSE)

COMMAND (FOR BOTH LEFT AND RIGHT VERSIONS)	360	PS3
Left Hand Struggle	X	□
Right Hook	Y	△
Right Uppercut to the Body	LT+Y	L2+△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Left Knee to the Legs	LT+A	L2+✕
Right Knee to the Legs	LT+B	L2+○

MUAY THAI CLINCH

A Muay Thai Clinch (also known as a double collar tie clinch) is a collar tie clinch that Muay Thai fighters can use exclusively to perform devastating whip strikes. Other fighters can initiate a Muay Thai Clinch, but they must do it from a Single Collar Tie clinch, whereas Muay Thai fighters can go directly into it from a standing position.

If a Muay Thai Clinch is performed near the Octagon cage wall, different actions become available.

Positions that Transition Into Muay Thai Clinch (Offense)

Both Standing—Clinch
Muay Thai Clinch (Defense)
Single Collar Tie (Offense or Defense)

Positions that Transition Into Muay Thai Clinch (Defense)

None

Positions Muay Thai Clinch (Offense) Transitions Into

Both Standing—Striking
Single Collar Tie (Offense)
Open Guard (Offense)
Open Guard—Down (Offense)—Special Technique Only
Half Guard (Offense)
Side Control (Offense)

Positions Muay Thai Clinch (Defense) Transitions Into

Both Standing—Striking
Muay Thai Clinch (Offense)—Special Technique Only
Open Guard (Offense)

Positions Muay Thai Clinch, Cage (Offense) Transitions Into

Both Standing—Striking

Positions Muay Thai Clinch, Cage (Defense) Transitions Into

Both Standing—Striking
Single Collar Tie (Defense)

MUAY THAI CLINCH ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hook	X	□
Right Hook	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Left Hook to the Body	LT + X	L2 + □
Right Hook to the Body	LT + Y	L2 + △
Left Knee to the Legs	LT + A	L2 + ✕
Right Knee to the Legs	LT + B	L2 + ○
Push Off to Both Standing—Striking	↓	↓
Drop to Double Leg Takedown	LT + R→	L2 + R→
Drop to Right Single Leg Takedown	LT + R↗	L2 + R↗
Drop to Left Single Leg Takedown	LT + R↙	L2 + R↙

MUAY THAI CLINCH ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook	X	□
Right Hook	Y	△
Left Leg Kick	A	✕
Right Leg Kick	B	○
Left Hook to the Body	LT + X	L2 + □

MUAY THAI CLINCH, CAGE ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Upper to the Head	X	□
Right Upper to the Head	Y	△
Left Knee to the Head	A	✕
Right Knee to the Head	B	○
Left Upper to the Body	LT + X	L2 + □
Right Upper to the Body	LT + Y	L2 + △
Left Kick to the Legs	LT + A	L2 + ✕
Right Kick to the Legs	LT + B	L2 + ○
Push Off to Both Standing—Striking	↓	↓
Drop to Double Leg Takedown	LT + R→	L2 + R→

MUAY THAI CLINCH, CAGE ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook to the Head	X	□
Right Hook to the Head	Y	△
Left Leg Kick	A	✕
Right Leg Kick	B	○
Left Hook to the Body	LT + X	L2 + □
Right Hook to the Body	LT + Y	L2 + △

OVER/UNDER HOOK

Over/Under Hook is a body clinch where neither fighter has the advantage and each fighter has one overhook (arm over the opponent's arm and body) and one underhook (arm under the opponent's arm and around his midsection). "Left" and "Right" in the position name refers to the underhooked arms of each fighter.

When an Over/Under Hook is applied near the Octagon cage wall, however, the fighter with his back to the cage is considered to be on the defensive.

Positions that Transition Into Over/Under Hook

Double Underhook (Defense)

Positions that Over/Under Hook Transitions Into

Both Standing—Clinch
Double Underhook (Offense)
Single Collar Tie (Offense)
Open Guard, Down (Offense)—Special Technique Only
Side Control—Special Technique Only

Positions that Transition Into Over/Under Hook, Cage (Offense)

Double Underhook (Defense)

Positions that Over/Under Hook, Cage (Offense) Transitions Into

Both Standing—Clinch
Double Underhook (Offense)
Single Collar Tie (Offense)
Open Guard (Offense)
Open Guard, Down (Offense)—Special Technique Only
Half Guard, Down (Offense)—Special Technique Only

OVER/UNDER HOOK ACTION LIST

COMMAND (FOR BOTH LEFT AND RIGHT VERSIONS)	360	PS3
Left Struggle Punch	X	□
Right Struggle Punch	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Pummel to Double Underhooks	R›	R›
Drop to Double Leg Takedown	LT+R›	L2+R›
Drop to Right Single Leg Takedown	LT+R↘	L2+R↘
Drop to Left Single Leg Takedown	LT+R↙	L2+R↙

OVER/UNDER HOOK, CAGE (OFFENSE) ACTION LIST

COMMAND (FOR BOTH LEFT AND RIGHT VERSIONS)	360	PS3
Left Shoulder Thrust	X	□
Right Hook to the Body	Y	△
Left Knee to the Legs	A	✕
Right Knee to the Legs	B	○
Left Foot Stomp to the Legs	LT+A	L2+✕
Right Foot Stomp to the Legs	LT+B	L2+○
Drop to Double Leg Takedown	LT+R›	L2+R›

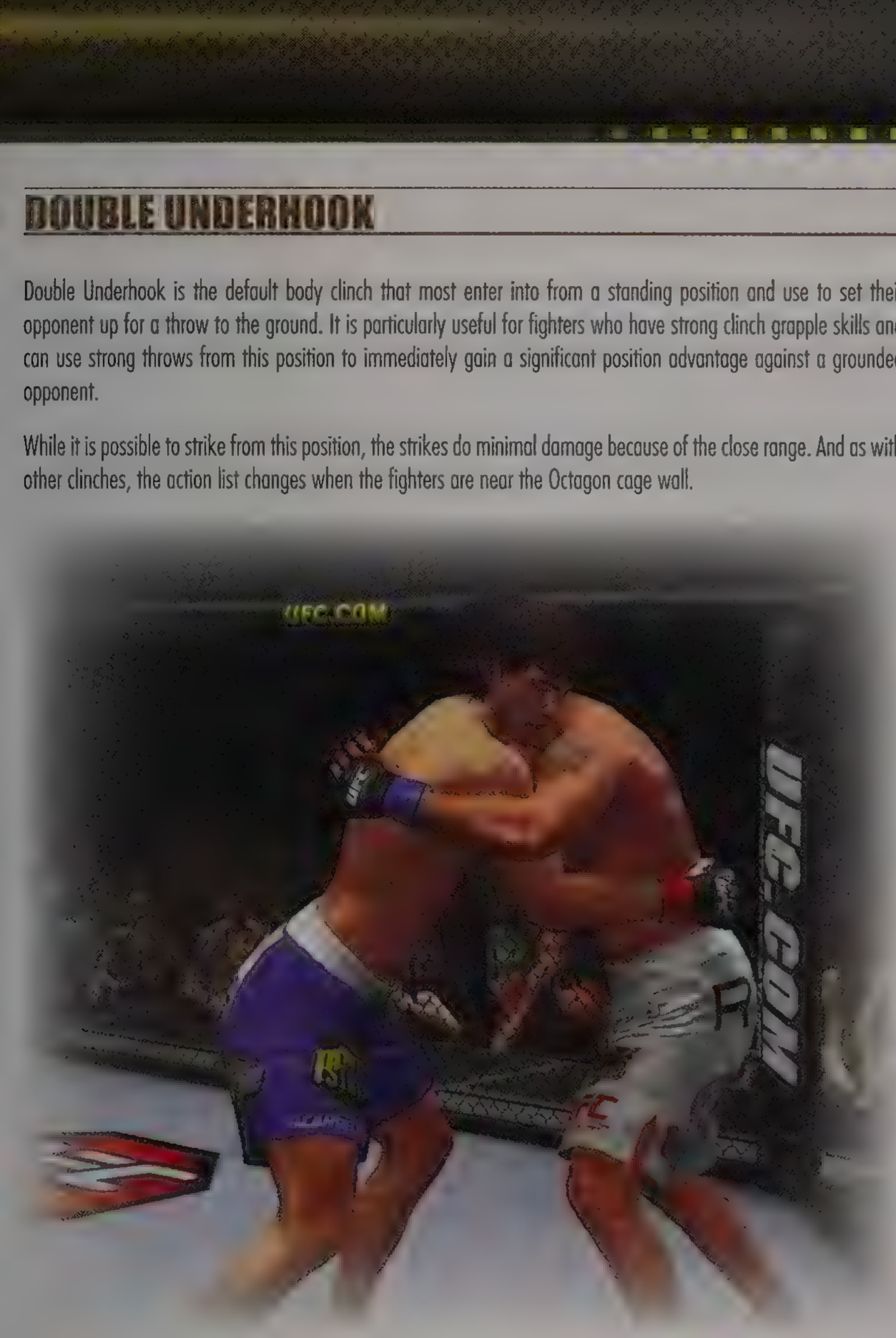
OVER/UNDER HOOK, CAGE (DEFENSE) ACTION LIST

COMMAND (FOR BOTH LEFT AND RIGHT VERSIONS)	360	PS3
Left Struggle Punch	X	□
Right Struggle Punch	Y	△
Left Knee to the Legs	A	✕
Right Knee to the Legs	B	○

DOUBLE UNDERHOOK

Double Underhook is the default body clinch that most enter into from a standing position and use to set their opponent up for a throw to the ground. It is particularly useful for fighters who have strong clinch grapple skills and can use strong throws from this position to immediately gain a significant position advantage against a grounded opponent.

While it is possible to strike from this position, the strikes do minimal damage because of the close range. And as with other clinches, the action list changes when the fighters are near the Octagon cage wall.



Positions that Transition Into Double Underhook (Offense)

Both Standing—Striking
Both Standing—Clinch
Over/Under Hook
Double Underhook (Defense)—Special Technique Only

Positions that Transition Into Double Underhook (Defense)

None

Positions that Double Underhook (Offense) Transitions Into

Both Standing—Striking
Open Guard (Offense)
Half Guard, Left/Right (Offense)
Open Guard—Down (Offense)—Special Technique Only
Side Control (Offense)—Special Technique Only
Body Lock (Offense)—Special Technique Only

Positions that Double Underhook (Defense) Transitions Into

Over/Under Hook
Side Control (Offense)—Special Technique Only
Double Underhook (Offense)—Special Technique Only

Positions that Double Underhook, Cage (Offense) Transitions Into

Both Standing—Striking
Side Control (Offense)—Special Technique Only

Positions that Double Underhook, Cage (Defense) Transitions Into

Over/Under Hook
Double Underhook (Offense)—Special Technique Only

DOUBLE UNDERHOOK ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Struggle Punch	X	□
Right Struggle Punch	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Push Off to Both Standing—Striking	L	L
Drop to Double Leg Takedown	LT+R	L2+R

DOUBLE UNDERHOOK ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Struggle Punch	X	□
Right Struggle Punch	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○

DOUBLE UNDERHOOK, CAGE ACTION LIST (OFFENSE)

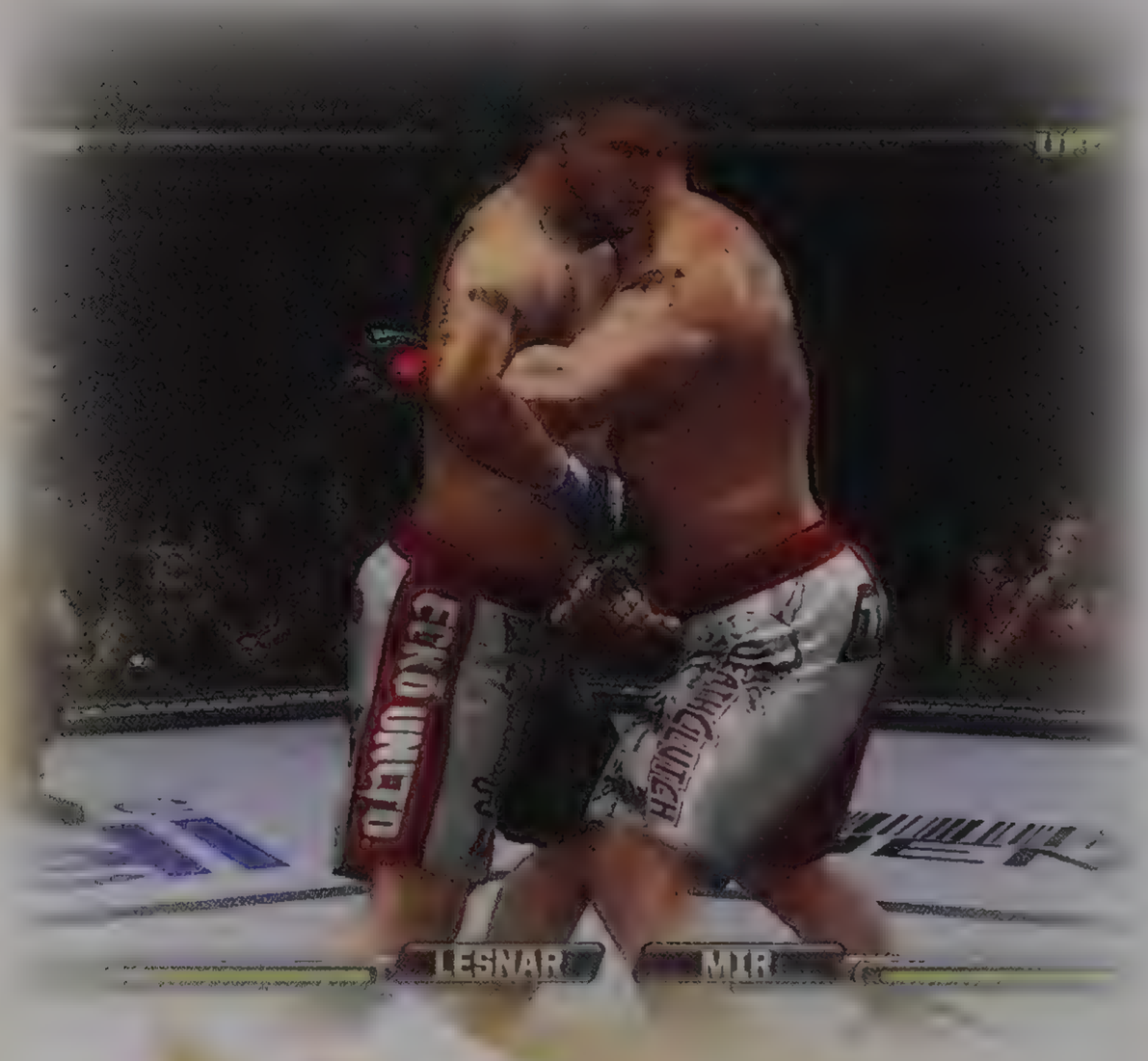
COMMAND	360	PS3
Left Shoulder Thrust	X	□
Right Struggle	Y	△
Left Knee to the Legs	A	✕
Right Knee to the Legs	B	○
Left Foot Stomp to the Legs	LT+A	L2+✕
Right Foot Stomp to the Legs	LT+B	L2+○
Push Off to Both Standing—Striking	L	L
Drop to Double Leg Takedown	LT+R	L2+R

DOUBLE UNDERHOOK, CAGE ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook to the Body	X	□
Right Hook to the Body	Y	△
Left Knee to the Legs	A	✕
Right Knee to the Legs	B	○

BODY LOCK

A Body Lock is a unique clinch that is meant to squeeze the breath out of an opponent. It is rarely seen in fights, because the only way to enter into it is from Double Underhooks by way of a special technique transition. It is primarily a rest hold for a fighter to use to catch his breath, although it can also be a setup for an Over/Under Hook or Single Collar Tie.



Positions that Transition Into Body Lock (Offense)

Double Underhook (Offense)—Special Technique Only

Positions that Transition Into Body Lock (Defense)

None

Positions that Body Lock (Offense) Transitions Into

Both Standing—Striking
Open Guard (Offense)
Over/Under Hook—Special Technique Only
Single Collar Tie (Offense)—Special Technique Only

Positions that Body Lock (Defense) Transitions Into

Over/Under Hook—Special Technique Only
Single Collar Tie (Offense)—Special Technique Only

Positions that Body Lock, Cage (Offense) Transitions Into

Both Standing—Striking
Open Guard (Offense)

Positions that Body Lock, Cage (Defense) Transitions Into

Over/Under Hook, Cage (Defense)—Special Technique Only
Body Lock (Defense)—Special Technique Only

BODY LOCK ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Struggle Punch	X	□
Right Struggle Punch	Y	△
Left Knee to the Legs	A	✕
Right Knee to the Legs	B	○
Push Off to Both Standing—Striking	LP	LP
Drop to Double Leg Takedown	LT+R›	L2+R›

BODY LOCK ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Struggle Punch	X	□
Right Struggle Punch	Y	△
Left Knee to the Legs	A	✕
Right Knee to the Legs	B	○

BODY LOCK, CAGE ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Shoulder Thrust	X	□
Right Struggle	Y	△
Left Knee to the Legs	A	✕
Right Knee to the Legs	B	○
Left Foot Stomp to the Legs	LT+A	L2+✕
Right Foot Stomp to the Legs	LT+B	L2+○
Push Off to Both Standing—Striking	LP	LP
Drop to Double Leg Takedown	LT+R›	L2+R›

BODY LOCK, CAGE ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook to the Body	X	□
Right Hook to the Body	Y	△
Left Knee to the Legs	A	✕
Right Knee to the Legs	B	○

BACK CLINCH

A Back Clinch is one of the most vulnerable positions that a fighter can be in while still having his feet on the ground. The only way to wind up in it is if your opponent catches you from behind in a clinch. The cage action list is identical to the regular action list

Positions that Transition Into Back Clinch (Offense)
Standing—Striking

Positions that Transition Into Back Clinch (Defense)
None

Positions that Back Clinch (Offense) Transitions Into
Both Standing—Striking
Back Side Control (Offense)—Special Technique Only
Side Control (Offense)—Special Technique Only

Positions that Back Clinch (Defense) Transitions Into
Double Underhook (Defense)—Special Technique Only
Both Standing—Striking—Special Technique Only

Positions that Back Clinch, Cage (Offense) Transitions Into
Both Standing—Striking
Double Underhook, Cage (Offense)—Special Technique Only
Back Side Control—Special Technique Only

Positions that Back Clinch, Cage (Defense) Transitions Into
Double Underhook, Cage (Defense)
Both Standing—Striking

BACK CLINCH ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Struggle	X	□
Right Struggle	Y	△
Left Knee to the Legs	A	✕
Right Knee to the Legs	B	○
Push Off to Both Standing—Striking	L+R	L1+R1

BACK CLINCH ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Struggle Punch	X	□
Right Struggle Punch	Y	△

BACK CLINCH, CAGE ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Struggle	X	□
Right Struggle	Y	△
Left Knee to the Legs	A	✕
Right Knee to the Legs	B	○
Push Off to Both Standing—Striking	L+R	L1+R1

BACK CLINCH, CAGE ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Struggle Punch	X	□
Right Struggle Punch	Y	△

DOUBLE LEG CLINCH

A Double Leg Clinch results when you attempt to shoot for a takedown against an opponent who is able to back into the Octagon cage wall before you can take him down. All Double Leg Clinches are cage situations.

Positions that Transition Into Double Leg Clinch (Offense)

Standing—Striking
Single Leg Clinch (Offense)—Special Technique Only

Positions that Transition Into Double Leg Clinch (Defense)

None

Positions that Double Leg Clinch (Offense) Transitions Into

Standing—Striking
Single Leg Clinch (Offense)—Special Technique Only
Double Underhook, Cage (Offense)—Special Technique Only

Positions that Double Leg Clinch (Defense) Transitions Into

Double Underhook, Cage (Defense)
Both Standing—Striking

DOUBLE LEG CLINCH ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Struggle	X	□
Right Struggle	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Push Off to Both Standing—Striking	LB	L2

DOUBLE LEG CLINCH ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Punch to the Body	X	□
Right Punch to the Body	Y	△
Left Stomp to the Leg	A	✕
Right Stomp to the Leg	B	○

SINGLE LEG CLINCH

A Single Leg Clinch results when you counter a kick against an opponent who is able to back into the Octagon cage wall before you can take him down. You can also enter a Single Leg Clinch by transitioning from a Double Leg Clinch All Single Leg Clinches are cage situations.

Positions that Transition Into Single Leg Clinch (Offense)

Standing—Striking
Double Leg Clinch (Offense)—Special Technique Only

Positions that Transition Into Single Leg Clinch (Defense)

None

Positions that Single Leg Clinch (Offense) Transitions Into

Standing—Striking
Double Leg Clinch (Offense)—Special Technique Only
Double Underhook, Cage (Offense)—Special Technique Only

Positions that Single Leg Clinch (Defense) Transitions Into

Over/Under Hook, Cage (Defense)
Both Standing—Striking

SINGLE LEG CLINCH ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Struggle	X	□
Right Struggle	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Push Off to Both Standing—Striking	LB	L2

SINGLE LEG CLINCH ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Punch to the Body	X	□
Right Punch to the Body	Y	△
Left Stomp to the Leg	A	✕
Right Stomp to the Leg	B	○

GROUND POSITIONS

Ground positions always have a fighter on offense (in the advantaged position) and a fighter on defense (in the disadvantaged position). It is the goal of the advantaged fighter to advance his position for the sake of earning a more significant offensive advantage over the disadvantaged fighter, who seeks to either reverse the position and become the advantaged fighter or to transition defensively to less advantaged positions, like Open Guard.

FIGHTING FROM YOUR BACK

Jiu-Jitsu fighters should pay close attention to their defensive move lists, as shown in the in-game action list accessible through the pause menu. They often feature exclusive transitions and submissions that allow these fighters to quickly turn the tide of the fight or win the fight from a disadvantaged position.

OPEN GUARD

Open Guard is the least advantaged ground position, and it offers the offensive fighter only a slight offensive edge over his opponent. It is the position that fighters wind up in after a weak throw or other basic takedown. The name refers to the fact that the defending fighter's legs are open, but they continue to guard against the offensive fighter's advance by pushing against his hips and thighs.

A variant version of Open Guard is Open Guard, Down. In this position, the defensive fighter holds his opponent's head close to his torso, preventing the offensive fighter from posturing up.

Positions that Transition Into Open Guard (Offense)
Both Standing—Striking
Both Standing—Clinch
Muay Thai Clinch (Offense and Defense)
Single Collar Tie (Offense and Defense)
Double Underhook (Offense)
Over/Under Hook
Open Guard, Down (Offense)
Rubber Guard (Defense)
Up/Down, Far (Offense)

Positions that Transition Into Open Guard (Defense)
Open Guard, Down (Defense)
Half Guard (Defense)
Side Control (Defense)
Back Side Control (Defense)

Positions that Open Guard (Offense) Transitions Into
Half Guard (Offense)—Special Technique Only
Half Guard, Down (Offense)—Special Technique Only
Side Control (Offense)—Special Technique Only
Up/Down, Far (Offense)

Positions that Open Guard (Defense) Transitions Into
Both Standing—Striking
Open Guard—Down (Defense)

Positions that Open Guard, Down (Offense) Transitions Into
Side Control (Offense)—Special Technique Only

Positions that Open Guard, Down (Defense) Transitions Into
Rubber Guard, Down (Defense)—Special Technique Only

OPEN GUARD ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Straight	X	▢
Right Straight	Y	△
Left Hook to the Body	LT+X	L1+▢
Right Hook to the Body	LT+Y	L1+△
Left Elbow	RB+X	R1+▢
Right Elbow	RB+Y	R1+△
Minor Transition To Half Guard, Left	R↘ / R↖	R↘ / R↖
Minor Transition To Half Guard, Right	R↙ / R↗	R↙ / R↗
Major Transition to Side Control, Left	R↺ / R↙	R↺ / R↙
Major Transition to Side Control, Right	R↶ / R↘	R↶ / R↘
Stand Up to Up/Down, Near	L	L
Kneebar	R	R

OPEN GUARD ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Straight	X	□
Right Straight	Y	△
Left Straight to the Body	LT+X	L1+□
Right Straight to the Body	LT+Y	L1+△
Left Hook	L›+X	L›+□
Right Hook	L›+Y	L›+△
Minor Transition to Open Guard—Down	R↘ / R↖ / R↙ / R↗	R↘ / R↖ / R↙ / R↗
Major Transition to Both Standing—Striking	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷
Punch Counter to Armbar	R	R

OPEN GUARD—DOWN ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hammerfist	X	□
Right Hammerfist	Y	△
Left Hook to the Body	LT+X	L1+□
Right Hook to the Body	LT+Y	L1+△
Minor Transition to Open Guard	R↘ / R↖ / R↙ / R↗	R↘ / R↖ / R↙ / R↗
Major Transition to Half Guard, Left	R↻ / R↺	R↻ / R↺
Major Transition to Half Guard, Right	R↶ / R↷	R↶ / R↷
Stand Up to Up/Down, Near	L	L

OPEN GUARD—DOWN ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook	X	□
Right Hook	Y	△
Minor Transition to Open Guard	R↘ / R↖ / R↙ / R↗	R↘ / R↖ / R↙ / R↗

GUARD POSITION SPECIALTIES

Only certain fighters are able to use Rubber Guard, Butterfly Guard, and Saltavery. Check your fighter's in-game moves list before you attempt to switch to any of these positions.

RUBBER GUARD

Rubber Guard is a technique-exclusive type of guard in which the fighter on the ground wraps his leg around his opponent and holds his own foot to keep his opponent trapped in close, while still having a free arm to strike and initiate submissions.

The only way to wind up in Rubber Guard is if a fighter on defense in Open Guard, Down makes a minor transition into it.

Positions that Transition Into Rubber Guard (Offense)

None

Positions that Transition Into Rubber Guard (Defense)

Open Guard—Down (Defense)—Special Technique Only

Positions that Rubber Guard (Offense) Transitions Into

Open Guard (Offense)—Special Technique Only
Half Guard, Down (Offense)—Special Technique Only

Positions that Rubber Guard (Defense) Transitions Into

Open Guard—Down (Defense)
Up/Down, Far

RUBBER GUARD ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hook to the Head	X	□
Right Hammer Fist to the Head	Y	△
Left Hook to the Body	LT+X	L1+□

RUBBER GUARD ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook to the Head	X	□
Minor Transition Open Guard, Down	R↘ / R↖ / R↙ / R↗	R↘ / R↖ / R↙ / R↗
Major Transition to Up/Down, Far	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷
Triangle Choke	R	R

HALF GUARD

Half Guard is, offensively, the next step up from any of the Open Guards. It gets its name from the fact that the offensive fighter has passed one of the defending fighter's legs and is therefore halfway past his guard. The "Left" and "Right" designations indicate which of the defending fighter's legs have been passed.

From Half Guard, the advantaged fighter can improve his position with a minor transition to Side Control (on the same side as the Half Guard side) or a major transition to Mount.

Half Guard, Down is a defensive variation of Half Guard where the defending fighter holds the upper body of the advantaged fighter close, in order to prevent him from striking with his full range. Like Half Guard, the "Left" and "Right" designations refer to the defending fighter's leg that has been passed by the offensive fighter.

Positions that Transition Into Half Guard (Offense)

Both Standing—Striking
Both Standing—Clinch
Muay Thai Clinch (Offense)
Single Collar Tie (Offense)
Double Underhook (Offense)
Over/Under Hook
Open Guard (Offense)
Half Guard (Defense)—Special Technique Only
Half Guard, Left/Right—Down (Offense)

Positions that Transition Into Half Guard (Defense)

Half Guard, Left/Right—Down (Defense)

Positions that Half Guard (Offense) Transitions Into

Both Standing—Striking
Side Control, Left/Right (Offense)
Mount—Down (Offense)

Positions that Half Guard (Defense) Transitions Into

Open Guard (Defense)
Half Guard, Left/Right—Down (Defense)
Half Guard, Left (Offense)—Special Technique Only

Positions that Transition Into Half Guard, Down (Offense)

Open Guard—Down (Offense)
Rubber Guard (Defense)
Half Guard, Left/Right—Down (Defense)—Special Technique Only
Up/Down, Near (Offense)

Positions that Transition Into Half Guard, Down (Defense)

Half Guard, Left/Right (Defense)
Side Control, Left/Right (Defense)
Mount—Down (Defense)

Positions that Half Guard—Down (Offense) Transitions Into

Half Guard, Left/Right (Offense)
Side Control, Left/Right (Offense)
Up/Down, Far (Offense)

Positions that Half Guard—Down (Defense) Transitions Into

Both Standing—Striking
Half Guard, Left/Right (Defense)
Half Guard, Left/Right (Offense)—Special Technique Only

HALF GUARD ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Straight	X	□
Right Straight	Y	△
Left Hook to the Body	LT+X	L1+□
Right Hook to the Body	LT+Y	L1+△
Left Hook	L+X	L+□
Right Hook	L+Y	L+△
Minor Transition to Side Control	R↘ / R↙ / R↗ / R↖	R↘ / R↙ / R↗ / R↖
Major Transition to Mount—Down	R↷ / R↶ / R↶ / R↷	R↷ / R↶ / R↶ / R↷
Stand Up to Both Standing—Striking	L↑	L↑
Kimura	R←	R←

HALF GUARD ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Straight	X	□
Right Straight	Y	△
Left Hook to the Body	LT+X	L1+□
Right Hook to the Body	LT+Y	L1+△
Overhand Left	L+X	L+□
Overhand Right	L+Y	L+△
Minor Transition to Half Guard—Down	R↘ / R↙ / R↗ / R↖	R↘ / R↙ / R↗ / R↖
Major Transition to Open Guard	R↷ / R↶ / R↶ / R↷	R↷ / R↶ / R↶ / R↷
Minor Transition to Half Guard	LB+R↘ / R↙ / R↗ / R↖	L2+R↘ / R↙ / R↗ / R↖
Punch Counter to Kimura	R	R

HALF GUARD—DOWN ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hammerfist	X	□
Right Hammerfist	Y	△
Left Hook to the Body	LT+X	L1+□
Right Hook to the Body	LT+Y	L1+△
Minor Transition to Half Guard	R↘ / R↖ / R↑ / R↓	R↘ / R↖ / R↑ / R↓
Major Transition to Side Control	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷
Stand Up to Up/Down, Far	L	L

HALF GUARD—DOWN ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook	X	□
Right Hook	Y	△
Minor Transition to Half Guard	R↘ / R↖ / R↑ / R↓	R↘ / R↖ / R↑ / R↓
Major Transition to Both Standing—Striking	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷
Minor Transition to Half Guard—Down	LB+R↘ / R↖ / R↑ / R↓	L2+R↘ / R↖ / R↑ / R↓
Kimura	R	R

BUTTERFLY GUARD

In a Butterfly Guard, the offensive fighter's ankles are hooked between the opponent's legs, against the inside of the opponent's thighs. The opponent still has decent range of motion, but the Butterfly Guard keeps him off-balance and protects the defending fighter from his ground and pound. Fighters can only transition into Butterfly Guard defensively.

Positions that Transition Into Butterfly Guard (Offense)

None

Positions that Transition Into Butterfly Guard (Defense)

Half Guard, Down (Defense)—Special Technique Only
Side Control, Down (Defense)—Special Technique Only

Positions that Butterfly Guard (Offense) Transitions Into

Up/Down, Far
Open Guard (Offense)
Half Guard, Down (Offense)

Positions that Butterfly Guard (Defense) Transitions Into

Open Guard, Down (Defense)
Up/Down, Far

HALF GUARD ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hook to the Head	X	□
Right Hook to the Head	Y	△
Left Hook to the Body	LT+X	L1+□
Right Hook to the Body	LT+Y	L1+△
Minor Transition to Open Guard	R↘ / R↖ / R↑ / R↓	R↘ / R↖ / R↑ / R↓
Major Transition to Half Guard, Down	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷
Cancel to Up/Down, Far	L	L

HALF GUARD ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook to the Head	X	□
Right Hook to the Head	Y	△
Minor Transition to Open Guard, Down	R↘ / R↖ / R↑ / R↓	R↘ / R↖ / R↑ / R↓
Major Transition to Up/Down, Far	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷
Triangle Choke	R	R

SIDE CONTROL

Side Control is the next step offensively up from Half Guard. It gets its name from the fact that the offensive fighter has made it past the defender's guard, and his body is now perpendicular to his opponent, giving him control of one side of his opponent (indicated by the "Right" and "Left" designations in the position name).

This is a significantly advantageous position to be in. Most fighters have advanced striking techniques that they can use from the offensive position. Submissions become more dangerous in Side Control, and the offensive fighter is close to achieving a full Mount.

Positions that Transition Into Side Control (Offense)

Both Standing—Striking
Both Standing—Clinch
Muay Thai Clinch (Offense)
Single Collar Tie (Offense)
Double Underhook (Offense)
Over/Under Hook
Open Guard (Offense)
Open Guard, Down (Defense)—Special Technique Only
Half Guard (Offense)
Half Guard, Down (Offense)
Side Control (Defense)—Special Technique Only
Mount, Down (Offense)
North/South (Offense)
Sprawl—Special Technique Only
Back Side Control (Offense)
Up/Down, Near (Offense)

Positions that Transition Into Side Control (Defense)

North/South (Defense)
Back Side Control (Defense)

Positions that Side Control (Offense) Transitions Into

Both Standing—Striking
Mount (Offense)—Special Technique Only
Mount—Down (Offense)
North/South (Offense)

Positions that Side Control (Defense) Transitions Into

Both Standing—Striking
Open Guard (Defense)
Half Guard, Right/Left—Down (Defense)
Side Control, Right/Left (Offense)—Special Technique Only
North/South (Defense)

SIDE CONTROL ACTION LIST (OFFENSE)

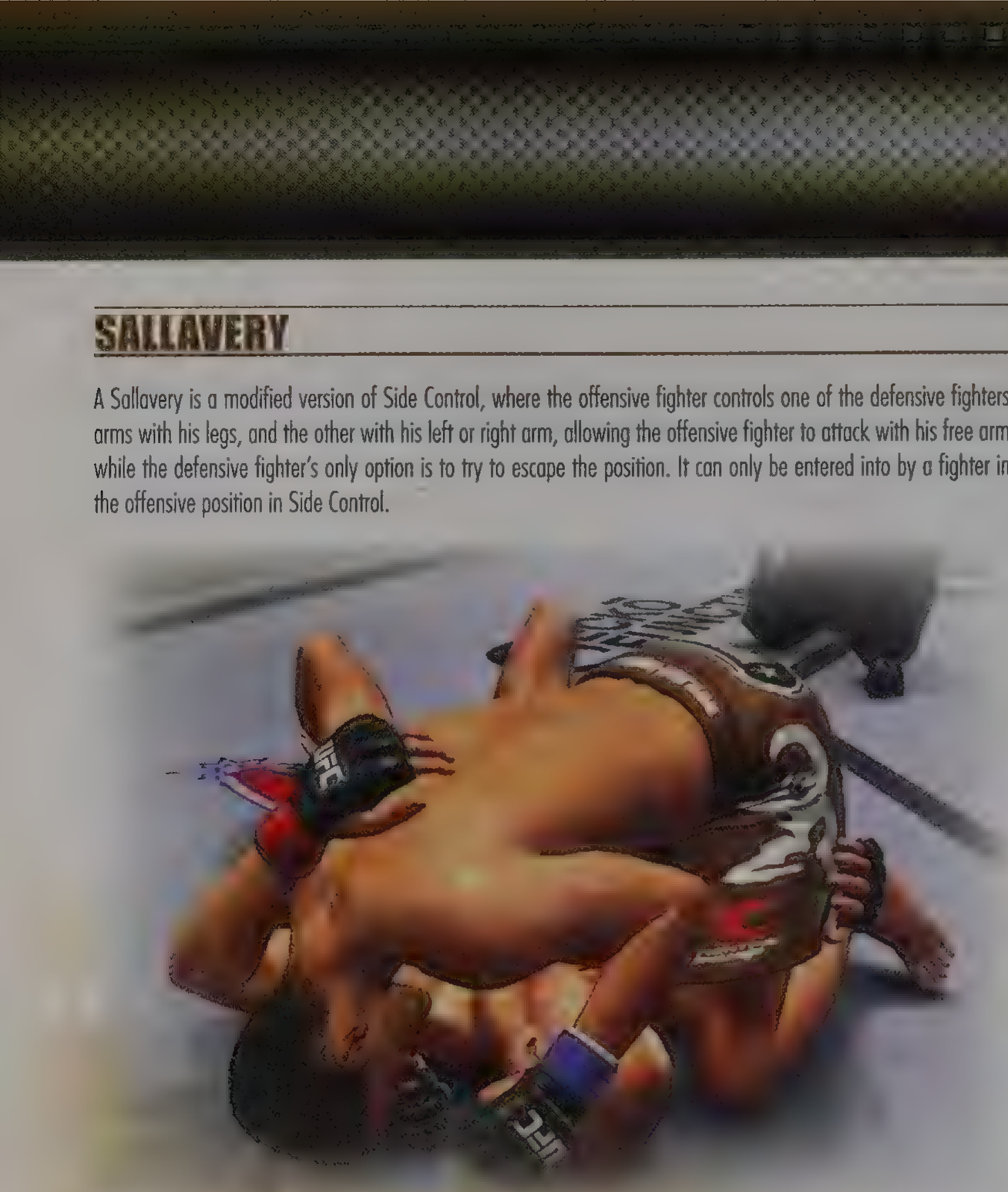
COMMAND	360	PS3
Left Hook	X	□
Right Hook	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Right Elbow to the Body	LT+Y	L1+□
Left Elbow	L+X	L+△
Minor Transition to North/South	R↘ / R↖ / R↗ / R↙	R↘ / R↖ / R↗ / R↙
Major Transition to Mount—Down	R↷ / R↻ / R↶ / R↺	R↷ / R↻ / R↶ / R↺
Stand Up to Both Standing—Striking	L▼	L▼
Kimura	R▼	R▼

SIDE CONTROL ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook	X	□
Right Hook	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Minor Transition to Half Guard, Left—Down	R↘ / R↖	R↘ / R↖
Minor Transition to North/South	R↗ / R↙	R↗ / R↙
Major Transition to Open Guard	R↷ / R↺	R↷ / R↺
Major Transition to Both Standing—Striking	R↶ / R↷	R↶ / R↷

SALLAVERY

A Sallavery is a modified version of Side Control, where the offensive fighter controls one of the defensive fighters arms with his legs, and the other with his left or right arm, allowing the offensive fighter to attack with his free arm while the defensive fighter's only option is to try to escape the position. It can only be entered into by a fighter in the offensive position in Side Control.



Positions that Transition Into Sallavery (Offense)
Side Control (Offense)—Special Technique Only

Positions that Transition Into Sallavery (Defense)
None

Positions that Sallavery (Offense) Transitions Into
Mount (Offense)

Positions that Sallavery (Defense) Transitions Into
Both Standing—Striking

SALLAVERY ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hook to the Head	X	■
Minor Transition to Mount	R↘ / R↶ / R↷ / R↘	R↘ / R↶ / R↷ / R↘
Major Transition to Mount	R↺ / R↷ / R↶ / R↻	R↺ / R↷ / R↶ / R↻
Armbar	R	R

SALLAVERY ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook to the Body	X	■
Right Struggle	Y	△
Minor Transition to Both Standing—Striking	R↘ / R↶ / R↷ / R↘	R↘ / R↶ / R↷ / R↘

MOUNT

Mount is the most advantageous position that an offensive fighter can achieve. In Mount, the offensive fighter has passed the defender's guard completely. By mounting the defender's upper torso, the advantaged fighter is able to keep his opponent from throwing any kicks and limits him to very weak strikes. The offensive fighter, however, can unload on him with heavy strikes or attempt a high-powered submission. Once a fighter achieves Mount (Offense), the fight is usually over, unless the round is about to end or he makes a critical mistake.

Mount, Down is a defensive modification of Mount where the disadvantaged fighter pulls the advantaged fighter in close, in order to limit his striking. It's more of a delaying tactic than a position advance, because the referee will stand the fighters up if they don't make a transition soon.

Positions that Transition Into Mount (Offense)
Rubber Guard (Offense)
Side Control (Offense)—Special Technique Only
Mount—Down (Offense)
Mount—Down (Defense)—Special Technique Only
Back Mount Face Up Body Triangle (Offense)

Positions that Transition Into Mount (Defense)
None

Positions that Mount (Offense) Transitions Into
Up/Down, Far (Offense)

Positions that Mount (Defense) Transitions Into
Half Guard (Defense)—Special Technique Only
Mount—Down (Defense)
Back Mount (Defense)

Positions that Transition Into Mount, Down (Offense)
Half Guard (Offense)
Side Control (Offense)
North/South (Offense)

Positions that Transition Into Mount, Down (Defense)
Mount (Defense)

Positions that Mount, Down (Offense) Transitions Into
Side Control (Offense)
Mount (Offense)
Up/Down, Far (Offense)

Positions that Mount, Down (Defense) Transitions Into
Open Guard, Down (Offense)
Half Guard, Left/Right, Down (Defense)

MOUNT ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Straight	X	□
Right Straight	Y	△
Left Hook to the Body	LT+X	L1+□
Right Hook to the Body	LT+Y	L1+△
Left Hammerfist	L+X	L+□
Right Hammerfist	L+Y	L+△
Stand Up to Up/Down, Far	L	L
Armbar	R	R

MOUNT ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Straight	X	□
Right Straight	Y	△
Left Hook to the Body	LT+X	L1+□
Right Hook to the Body	LT+Y	L1+△
Minor Transition to Mount, Down	R↘ / R↖ / R↙ / R↗	R↘ / R↖ / R↙ / R↗
Major Transition to Back Mount	R↷ / R↶ / R↶ / R↷	R↷ / R↶ / R↶ / R↷
Punch Counter to Mount, Down	R	R

MOUNT, DOWN ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hook	X	□
Right Hook	Y	△
Minor Transition to Side Control	R↘ / R↖ / R↙ / R↗	R↘ / R↖ / R↙ / R↗
Hard Transition to Mount	R↷ / R↶ / R↶ / R↷	R↷ / R↶ / R↶ / R↷
Transition to Up/Down, Far	L	L
Armbar	R	R

MOUNT, DOWN ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook	X	□
Right Hook	Y	△
Minor Transition to Half Guard, Left, Down	R↘ / R↖ / R↙ / R↗	R↘ / R↖ / R↙ / R↗
Major Transition to Open Guard, Down	R↷ / R↶ / R↶ / R↷	R↷ / R↶ / R↶ / R↷

BACK MOUNT

Back Mount In is a rear mount position where the offensive fighter is behind his opponent and has his legs wrapped around his opponent's torso, with both of his feet hooked together to secure the position. From here, the offensive fighter can throw hooks to the defender's head and body, make a minor transition to Mount or attempt a Rear Naked Choke. It is usually used by offensive fighters who are looking for victory by Rear Naked Choke or defensive fighters who are desperately trying to escape Mount.

BACK MOUNT ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hook	X	□
Right Hook	Y	△
Left Hook to the Body	LT+X	L1+□
Right Hook to the Body	LT+Y	L1+△
Minor Transition to Mount	R↘ / R↖ / R↙ / R↗	R↘ / R↖ / R↙ / R↗
Major Transition to Both Standing—Striking	L	L
Rear Naked Choke	R	R

BACK MOUNT ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Back Elbow	X	□
Right Struggle Punch	Y	△
Minor Transition to Open Guard, Down	R↘ / R↖ / R↙ / R↗	R↘ / R↖ / R↙ / R↗
Major Transition to Both Standing—Striking	R↷ / R↶ / R↶ / R↷	R↷ / R↶ / R↶ / R↷

Positions that Transition Into Back Mount (Offense)

Sprawl Position (Offense)—Special Technique Only
Back Side Control—Special Technique Only

Positions that Transition Into Back Mount (Defense)

Mount (Defense)

Positions that Back Mount (Offense) Transitions Into

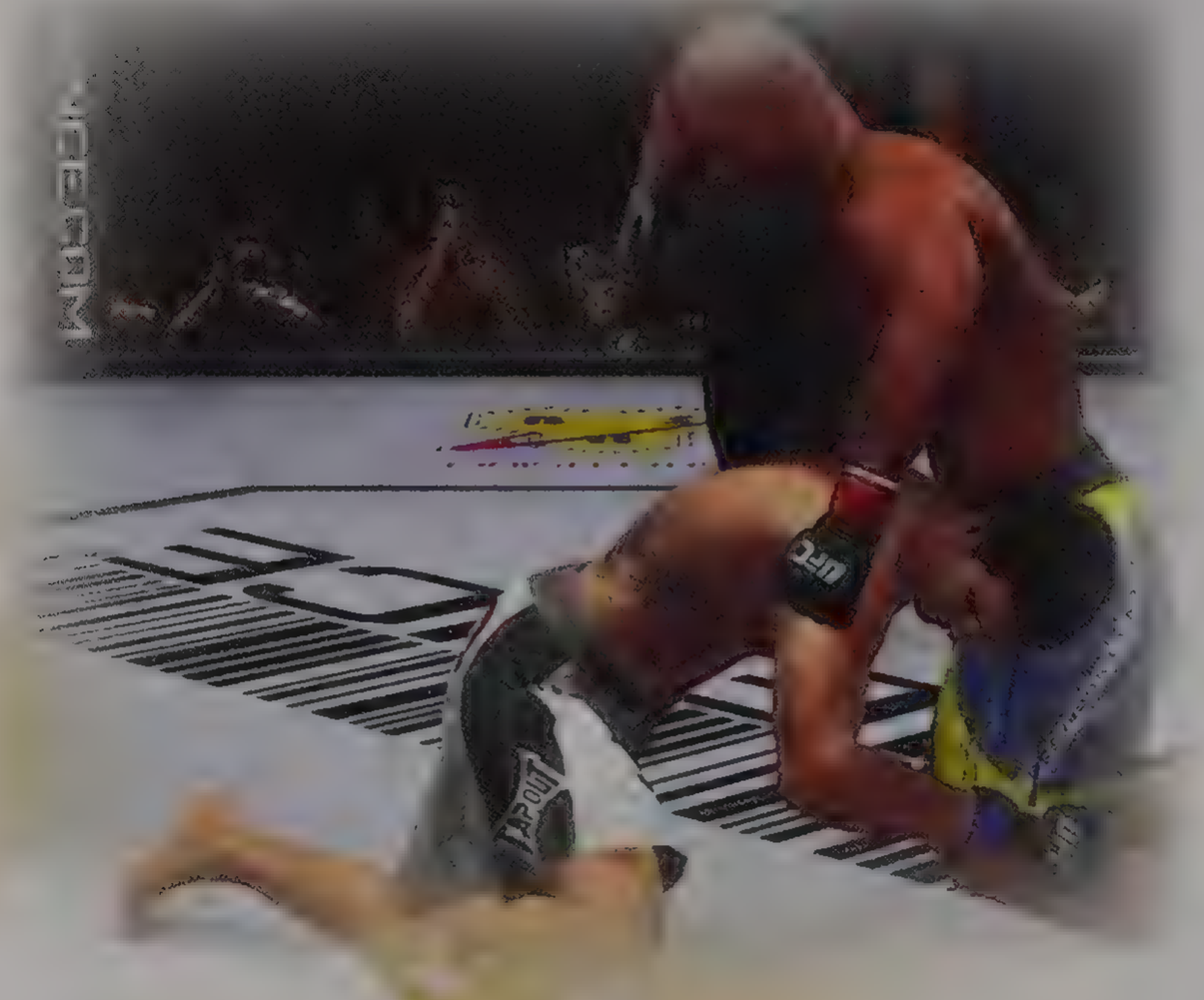
Both Standing—Striking
Mount (Offense)

Positions that Back Mount (Defense) Transitions Into

Both Standing—Striking
Open Guard—Down (Offense)

SPRAWL

Sprawl is a form of takedown defense that results when you use a grapple block (R) to stuff your opponent's takedown attempt. This is the only way to enter the position in an offensive position. From there, you have a variety of transitions available to you.



Positions that Transition Into Sprawl (Offense)
None

Positions that Transition Into Sprawl (Defense)
None

Positions that Sprawl Position (Offense) Transitions Into
Up/Down, Far (Offense)
Back Mount (Offense)
Back Side Control (Offense)

Positions that Sprawl Position (Defense) Transitions Into
Open Guard, Down

SPRAWL POSITION ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hook	X	□
Right Hook	Y	△
Left Hook to the Body	LT+X	L1+□
Right Hook to the Body	LT+Y	L1+△
Left Uppercut	L+X	L+□
Right Uppercut	L+Y	L+△
Minor Transition to Back Side Control	R↘ / R↖ / R↙ / R↗	R↘ / R↖ / R↙ / R↗
Major Transition to Back Mount	R↷ / R↶ / R↶ / R↷	R↷ / R↶ / R↶ / R↷
Stand Up to Up/Down, Far	L↓	L↓
Guillotine Choke	R↓	R↓

SPRAWL POSITION ACTION LIST (DEFENSE)

COMMAND	360	PS3
Major Transition to Both Standing—Striking	R↷ / R↶ / R↶ / R↷	R↷ / R↶ / R↶ / R↷
Minor Transition to Open Guard—Down	LB+R↘ / R↖ / R↙ / R↗	L2+R↘ / R↖ / R↙ / R↗

BACK SIDE CONTROL

Back Side Control is very similar to Side Control, except the fighter in the advantaged position has his opponent face-down instead of face-up. This gives the offensive fighter a tremendous advantage, although all of his strikes must target the body to avoid fouling his opponent by hitting him in the back of the head. In the hierarchy of ground positions, it's below the Back Mounts but above the Sprawl Position and Rubber Guard.

Positions that Transition Into Back Side Control (Offense)
Rubber Guard (Offense)
Sprawl Position (Offense)

Positions that Transition Into Back Side Control (Defense)
None

Positions that Back Side Control (Offense) Transitions Into
Up/Down, Far (Offense)
Side Control (Offense)
Back Mount Face Up (Offense)
Back Mount (Offense)
Sprawl (Offense)

Positions that Back Side Control (Defense) Transitions Into
Standing—Striking
Open Guard (Defense)
Sprawl (Defense)

BACK SIDE CONTROL ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hook	X	□
Right Hook	Y	△
Left Knee to the Body	A	✕
Right Knee to the Body	B	○
Left Hook to the Body	LT+X	L1+□
Right Hook to the Body	LT+Y	L1+△
Minor Transition to Side Control	R↖ / R↘	R↖ / R↘
Minor Transition to Sprawl	R↘ / R↙	R↘ / R↙
Major Transition to Back Mount	R↷ / R↶	R↷ / R↶
Major Transition to Back Mount Face Up	R↶ / R↷	R↶ / R↷
Stand Up to Up/Down, Far	L↓	L↓
Rear Naked Choke	R↓	R↓

BACK SIDE CONTROL ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Struggle Punch	X	□
Right Struggle Punch	Y	△
Minor Transition to Sprawl	R↘ / R↙	R↘ / R↙
Major Transition to Standing—Striking	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷
Minor Transition to Open Guard	R↘ / R↙	R↘ / R↙

NORTH/SOUTH ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook to the Body	X	□
Right Hook to the Body	Y	△
Minor Transition to Side Control	R↘ / R↖ / R↙ / R↘	R↘ / R↖ / R↙ / R↘
Major Transition to Sprawl	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷

NORTH/SOUTH

North/South gets its name from the head-to-toe alignment of the fighters. Offensively, it's on the same level as Side Control, with very limited striking options due to the close proximity of the fighters. From North/South (Offensive), any fighter can attempt a major transition to Mount, Down. It is not uncommon to see fighters move back and forth between North/South and Side Control.

Positions that Transition Into North/South (Offense)
Side Control (Offense)
Sprawl (Offensive)
North/South (Defense)

Positions that Transition Into North/South (Defense)
Side Control (Defense)

Positions that North/South (Offense) Transitions Into
Up/Down, Far (Offense)
Side Control (Offense)
Mount, Down (Offense)

Positions that North/South (Defense) Transitions Into
Side Control (Defense)
Sprawl (Defense)

NORTH/SOUTH ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hook to the Body	X	□
Right Hook to the Body	Y	△
Minor Transition to Side Control	R↘ / R↖ / R↙ / R↘	R↘ / R↖ / R↙ / R↘
Major Transition to Mount, Down	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷
Stand Up to Up/Down, Far	L	L
North/South Choke	R	R

NORTH/SOUTH ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Hook to the Body	X	□
Right Hook to the Body	Y	△
Minor Transition to Side Control	R↘ / R↖ / R↙ / R↘	R↘ / R↖ / R↙ / R↘
Major Transition to Sprawl	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷

BACK MOUNT FACE UP

Back Mount is a variation of Back Mount and can only be transitioned into from Back Side Control. Like the name implies, the offensive player's back is on the mat, and he is behind his opponent, with both fighters face up.

Positions that Transition Into Back Mount
Back Side Control

Positions that Transition Into Back Mount (Defense)
None

Positions that Back Mount (Offense) Transitions Into
Back Mount (Offense)
Mount (Offense)
Up/Down, Far (Offense)

Positions that Back Mount (Defense) Transitions Into
Sprawl (Defense)
Standing—Striking

BACK MOUNT ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Hook to the Head	X	I
Right Hook to the Head	Y	△
Minor Transition to Mount, Down	R↘ / R↖ / R↙ / R↘	R↘ / R↖ / R↙ / R↘
Major Transition to Mount	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷
Stand Up to Up/Down, Far	L	L
Rear Naked Choke	R	R

BACK MOUNT ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Struggle	X	□
Right Back Punch to the Head	Y	△
Minor Transition to Sprawl	R↘ / R↖ / R↙ / R↘	R↘ / R↖ / R↙ / R↘
Major Transition to Standing—Striking	R↻ / R↺ / R↶ / R↷	R↻ / R↺ / R↶ / R↷

UP/DOWN

Up/Down, Near is a very self-descriptive position. One fighter is down on his back, the other fighter is up on his feet and the two of them are near each other. In Up/Down, Near, the downed fighter is the disadvantaged one, but it can be dangerous for the standing fighter to get too close, because his opponent can fight from his back with upkicks. If the offensive fighter backs off, it's an automatic transition to Up/Down, Far.

Up/Down, Far is almost the exact same position as Up/Down, Near, except that the fighters are farther away from each other. This position favors the offensive fighter, who can strike away at the downed fighter with much less risk of being caught by a counter strike. However, it also gives the defensive fighter a better chance of getting to his feet, and there aren't any submissions or significant transitions available at this range.

Positions that Transition Into Up/Down, Near (Offense)
Up/Down, Far (Offense)

Positions that Transition Into Up/Down, Near (Defense)
Up/Down, Far (Defense)

Positions that Up/Down, Near (Offense) Transitions Into
Open Guard—Down (Offense)
Half Guard, Left—Down (Offense)
Side Control, Left/Right (Offense)
Up/Down, Far (Offense)

Positions that Up/Down, Near (Defense) Transitions Into
Standing (range depends on offensive fighter's distance)
Up/Down, Far (Defense)

Positions that Transition Into Up/Down, Far (Offense)
Open Guard (Offense)
Open Guard, Down (Offense)
Rubber Guard (Offense)
Half Guard (Offense)
Half Guard, Down (Offense)
Side Control (Offense)
North/South (Offense)
Mount—Down (Offense)
Up/Down, Near (Offense)

Positions that Transition Into Up/Down, Far (Defense)
Up/Down, Near (Defense)
Open Guard (Defense)
Open Guard, Down (Defense)
Half Guard (Defense)
Half Guard, Down (Defense)
Side Control (Defense)
North/South (Defense)
Rubber Guard (Defense)

Positions that Up/Down, Far (Offense) Transitions Into
Standing—Striking
Up/Down, Near

Positions that Up/Down, Far (Defense) Transitions Into
Standing—Striking
Up/Down, Near (Defense)

STANDING DOESN'T MEAN SAFE

Some fighters with exceptional ground games can execute a submission against a standing opponent from the down position.

UP/DOWN, NEAR ACTION LIST (OFFENSE)

COMMAND	360	PS3
Left Straight	X	□
Right Straight	Y	△
Left Leg Kick	A	✕
Right Leg Kick	B	○
Left Straight to the Body	LT+X	L1+□
Right Straight to the Body	LT+Y	L1+△
Open Guard Enter	R›	R›
Half Guard—Down Enter	LT+R›	L1+R›
Achilles' Lock	‹R›	‹R›

UP/DOWN, NEAR ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Upkick	A	✕
Right Upkick	B	○
Stand Up	‹L›	‹L›

UP/DOWN, FAR ACTION LIST (OFFENSE)

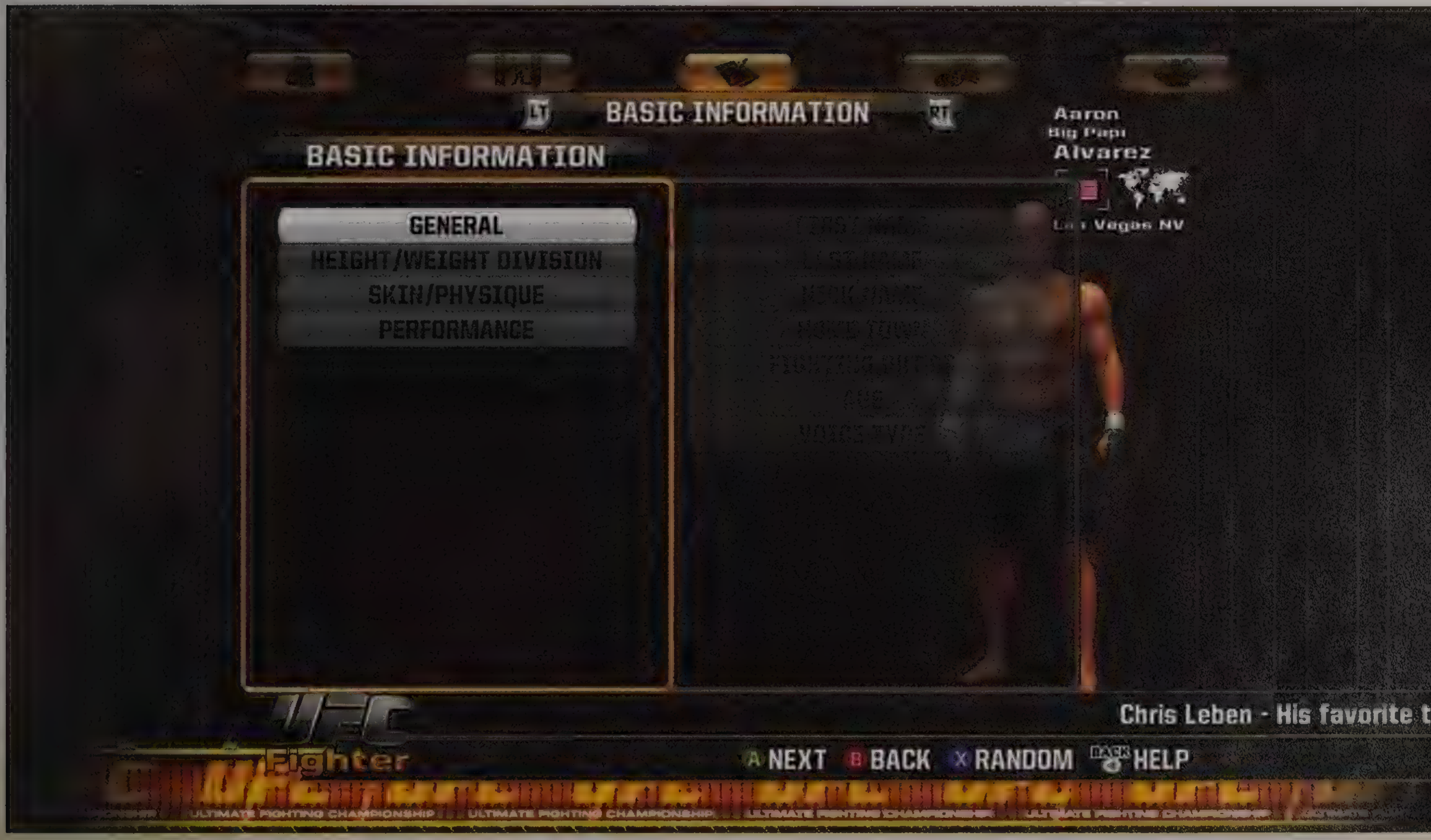
COMMAND	360	PS3
Left Straight	X	□
Right Straight	Y	△
Left Leg Kick	A	✕
Right Leg Kick	B	○
Left Straight to the Body	LT+X	L1+□
Right Straight to the Body	LT+Y	L1+△
Left Straight to the Body	L›+X	L›+□
Right Straight to the Body	L›+Y	L›+△
Left Leg Kick	L›+A	L›+✕
Right Leg Kick	L›+B	L›+○
Left Hook to the Body	L›+LT+X	L›+L1+□
Right Hook to the Body	L›+LT+Y	L›+L1+△
Strong Left Leg Kick	L›+LT+A	L›+L1+✕
Strong Right Leg Kick	L›+LT+B	L›+L1+○
Left Sidesteping Jab	‹L+X	‹L+□
Right Sidestepping Jab	L›+X	L›+□
Backstepping Jab	‹L›+X	‹L›+□
Overhand Left to Open Guard Enter	Step+X	Step+□
Overhand Right to Open Guard Enter	Step+Y	Step+△
Left Snap Kick to the Legs	Step+A	Step+✕
Right Snap Kick to the Legs	Step+B	Step+○
Shoot to Guard Enter	LT+R›	L1+R›

UP/DOWN, FAR ACTION LIST (DEFENSE)

COMMAND	360	PS3
Left Upkick	A	✕
Right Upkick	B	○
Left Leg Kick	LT+A	L1+✕
Right Leg Kick	LT+B	L1+○
Stand Up	‹L›	‹L›

CAREER MODE

CREATING A FIGHTER



Now you can create your own fighter and see how he stacks up to the best fighters in MMA! You can copy a previously created fighter from the load menu, however all stats, attributes, and unlocks are not carried over. You can have up to 40 created fighters. Many choices you make are purely cosmetic, but there are a few that alter how you fighter handles his time in the octagon.

FIGHTER ABILITIES

This is where you determine your fighting style, stats and attributes. The choices you make here determine your fighter's strengths, weaknesses, and overall skills.

FIGHT STYLE, ATTRIBUTES, AND SKILLS

The different Navigation styles determine your fighter's initial move lists. These moves are basic however and contain no advanced moves. The styles are:

- Power Fighter
- Tight/Upright Boxer
- Flicker
- Muay Thai A
- Muay Thai B
- Wrestling
- Karate
- Hunched
- MMA
- Tall Fighter

Next you choose whether your fighter fights Orthodox (righty) or Southpaw (lefty), and if he can switch between the two. After that, you must determine your attributes.

You are given 50 available points to spend on Strength, Speed, and Cardio, each of which starts at 1 point. 20 points is the maximum any stat can achieve at this stage. Finally, you must determine your fighter's skills. You are given 200 available points to assign. Again, the maximum for any one skill is 20 points.

AI

The choices made here determine the focus of your fighter whenever the CPU is playing as the created character.

AMATEUR FIGHTS AND GOING PRO

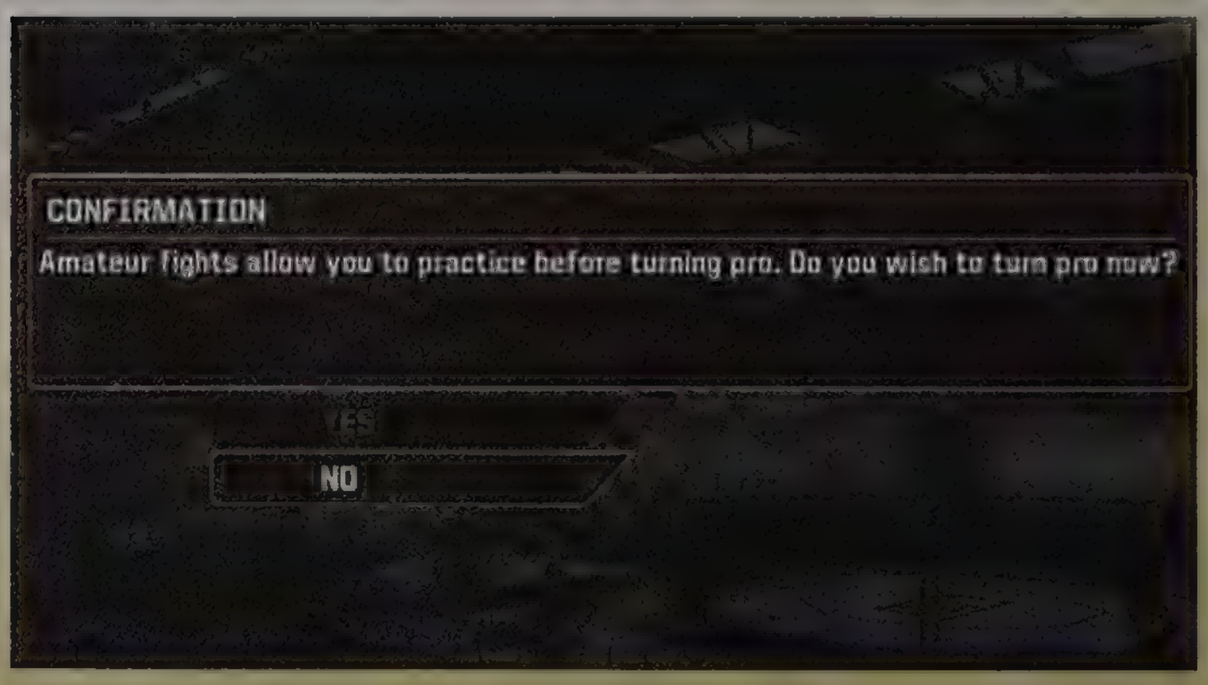
After facing your first opponent, you're given the option of going Pro. If you decline, you must choose the difficulty of your next opponent. Use these fights to gauge which difficulty ultimately works best for your career.

AMATEUR FIGHTS

You have 4 weeks between fights and up to a maximum of 4 fights (one for each difficulty) before you must turn Pro. Any sparring sessions or camp invites will be given only a Beginner difficulty modifier (x0.60). Training, however, is unaffected by difficulty. Be aware that time still passes and you do not earn Cred or Popularity while you are fighting as an amateur.

GOING PRO

Once you decide to go Pro and join the WFA, you must decide the difficulty level of your career mode. This decision is irreversible, so choose carefully.



DIFFICULTY	SPARRING MODIFIER
Beginner	0.60
Experienced	0.80
Advanced	1.30
Expert	1.50

DIFFICULTY	CAMP INVITE MODIFIER
Beginner	1.0
Experienced	1.2
Advanced	1.4
Expert	1.6

CHOOSING YOUR NEXT OPPONENT

After each fight, you are given the opportunity to choose your next fight. You are presented a list of cards that provide information on your possible opponents. The card includes the following information about your opponent:

Name	Your opponent's name
Ranking	Your opponent's rank in their weight division
Weeks Until Fight	Number of weeks you will have to prepare for the fight
Card Info	Under Card, Main Card, Co-Main Event, or Main Event
Rating	Your opponent's overall rating
Cred	How much credibility you will receive for taking the fight, regardless of winning or losing
Record	Your opponent's MMA record
Relationship	Whether your opponent is a friend or rival

Consider your rank and rating against that of your opponent's. You should also consider the Cred earned from each fight. The faster you climb the ranks, the harder your opponents become. When you enter the UFC at approximately rank 20, opponents rating are typically around 70. Pace yourself so that your opponents never have a huge advantage over you, especially in the higher difficulties.

CALENDAR

Once you have chosen an opponent, you have access to your calendar, from which you can choose several options. Each action from your calendar takes 1 week.

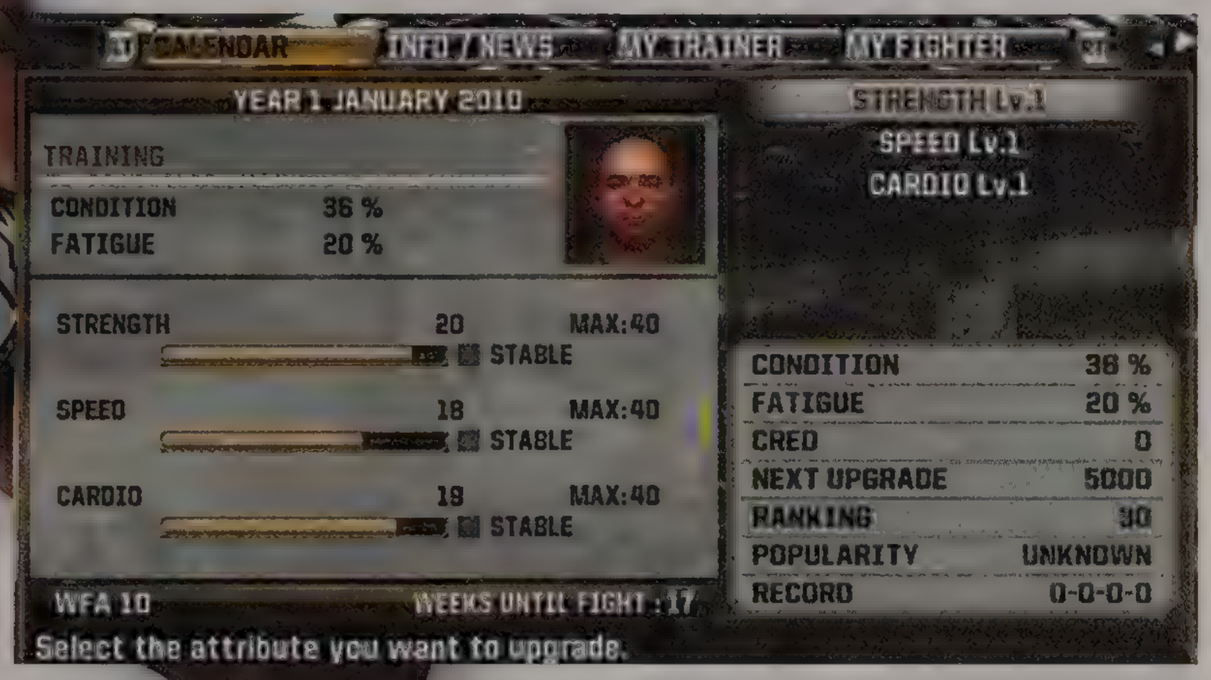
Training	Increase your strength, speed, or cardio
Sparring	Increase your skills through free or focused sparring
Camp Invite	Learn new techniques or improve existing ones
Rest	Recover 60% fatigue but lose 20% condition
Game Plan	Temporarily increase some stats and attributes at the cost of others. Recovers 10% fatigue.
Action	Start your fight or any UFC activity you have planned for that week.

IMPROVING YOUR FIGHTER

You must improve your fighter constantly in order to both keep your attributes and skills from decaying and compete with the increasing skill of your opponents. There are 3 main ways to improve your fighter: training, sparring, and camp invites.

TRAINING

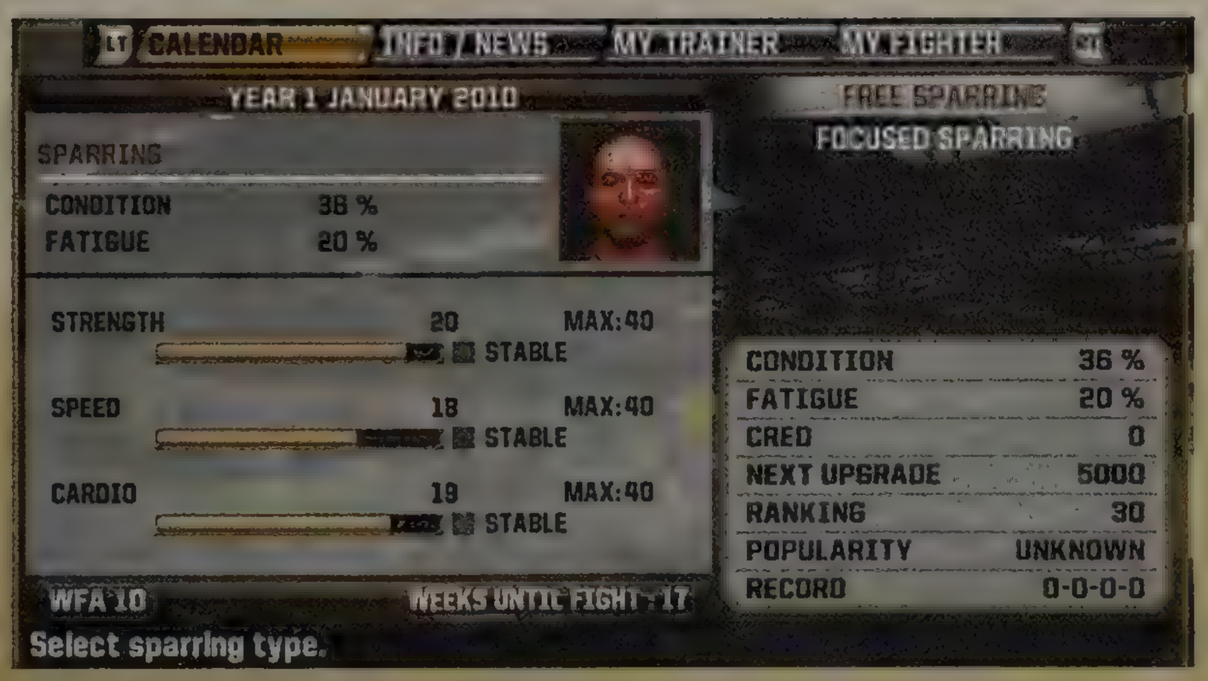
Use training to increase your fighter's attributes of strength, speed, and cardio. You can choose from a light, moderate, or intense training session. Any type of training improves your fighter's conditioning by 15%. Attributes will not decay below 30, 50, and 70 once each respective attribute is achieved. Effectiveness of training is reduced once 50% fatigue is reached.



INTENSITY	ATTRIBUTE INCREASE	FATIGUE COST
Light	+2	10%
Moderate	+3	30%
Intense	+4	60%

SPARRING

Use sparring to improve your fighting skills. You can choose free sparring or focused sparring. Sparring increases your conditioning by 20% and fatigue by 50%. Like attributes, skills will not decay below 30, 50, and 70 once each respective skill is achieved.



Free Sparring

Free sparring allows you to distribute your points freely across any skills you wish. However, as your skills increase the cost of increasing them through free sparring will increase as well. Any sparring points not spent are saved and available for use after your next sparring session.

DIFFICULTY	SPARRING MODIFIER
Beginner	0.60
Experienced	0.80
Advanced	1.30
Expert	1.50

SPARRING PARTNER LEVEL	SPARRING MODIFIER
1	1.00
2	1.20
3	1.40
4	1.60
5	1.80

FATIGUE LEVEL	SPARRING MODIFIER
0%-29%	1.00
30%-49%	0.80
50%-69%	0.70
70%-89%	0.60
90%-100%	0.50

SKILL LEVEL	SPARRING POINT COST
1-30	1
31-50	3
51-70	5
71-80	7
81-90	10
91-100	20

Focused Sparring

Focused sparring is sparring focused on a single aspect of fighting. After the session you're only able to spend points in skills related to areas on which you focused. You can focus on Stand Up, Takedown, Clinch, Ground and Pound, and Grappling/Submissions. The benefit of this type of sparring is that points gained from these sessions do not have increased cost at higher skills levels. However, these sessions are usually inferior to free sparring sessions if you maximize your point gain from free sparring sessions. Points not spent from these sessions are lost once you have finished assigning points.

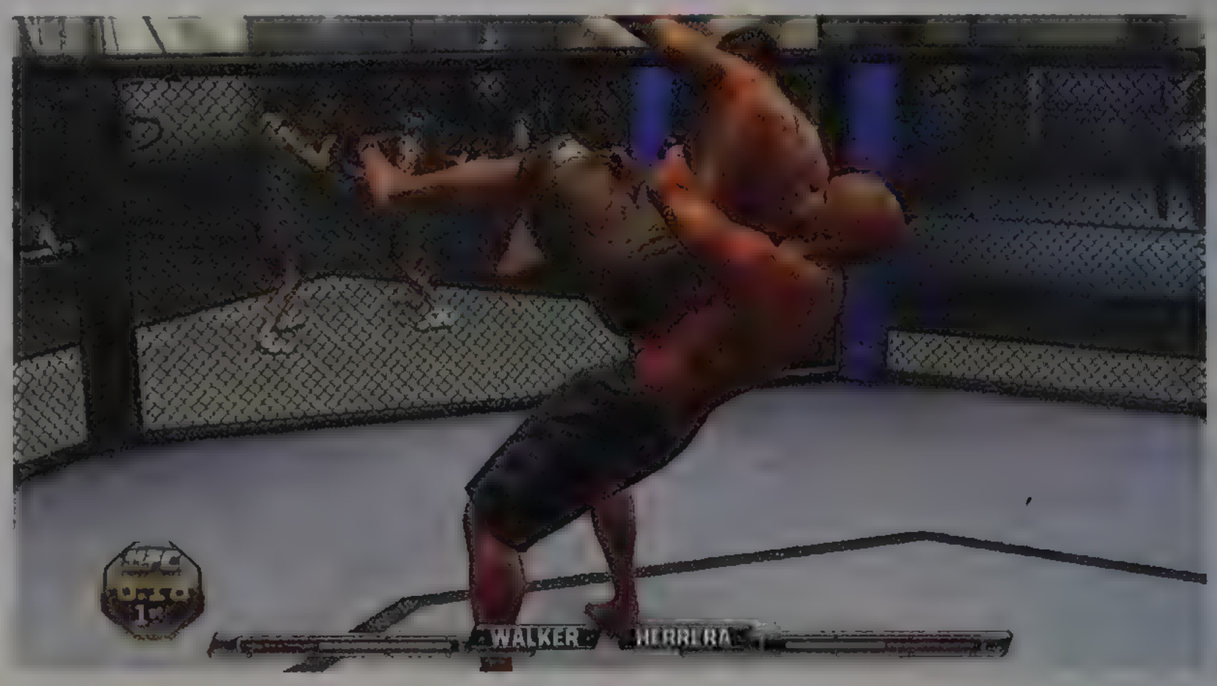
Maximizing Your Free Sparring Sessions

Sparring sessions are awarded points by your score, then reduced by your sparring partner's score, then modified by fatigue level, sparring partner, and difficulty level. Maximize your points while minimizing the amount of points your opponent can score.

One highly effective method of achieving this is by taking the fight to the ground as soon as possible. At higher level difficulties, you can achieve this by attacking with quick jabs until your sparring partner attempts to counter, then shoot for a double leg takedown. Once on the ground, focus on landing paced attacks (so that your stamina stays high) to the body when possible as they cannot be blocked. While doing this, watch for your sparring partner to escape. You must reverse as many escapes as possible. Transition reversals score a large amount of points. Do not bother posturing up as the type of strike you land counts the same regardless.

For the best results, your fighter should have a Double Underhook Clinch Throw and a Back Clinch Throw. This is because if your sparring partner escapes from full mount, he often rolls over to give you back mount. Reversing escapes from here often leads to a back clinch. The German Suplex to Back Side Control is particularly effective for this, as you can repeat the loop of reversing to back clinch and throwing him back to back side control.

Using the aforementioned method can net you a 100 (or more) difference in points between your sparring partner and you. At expert difficulty level this can easily net you from 150 to over 400 points depending on your sparring partner.



CAMP INVITE

Camp Invites allow you to learn new techniques, or improve upon already learned techniques. Camp invites increase your condition and fatigue by varying amounts. Fatigue is increased always by 50% or more.

There are 27 different camps from which to choose, each with their own focus and famous fighters in their camps. Each camp has a large list of learnable techniques (some you may already know), and many techniques are common among several camps so you shouldn't have too much trouble finding a technique you want to learn.

Once you find a technique you wish to learn or improve upon, you are given one of 7 tasks to earn progression points towards learning the technique.

TASK	INSTRUCTION	TIME LIMIT (MINS)	TIPS
Striking	Land as many 2-hit combos as possible.	2:00	Try to use the technique as the last attack of the combo if possible. Otherwise, use quick jab combos.
Focus Pads	Land 2 attacks on the focus pads to receive a progression point.	1:00	Focus on jabbing the focus pads as fast as possible.
Clinch Striking	Land 3 strikes from an offensive clinch position to receive a progression point.	2:00	Vary your strikes and use the move you are learning as the third strike if possible. Works well from Muay Thai clinch position.
Clinch Grappling	Perform a clinch trip or throw as many times as possible within the time limit. Extra points are awarded for using the technique you are trying to learn.	2:00	If the technique is from an easily accessible clinch position, go ahead and use it. Otherwise, use the easiest accessible clinch throw and get back up as possible.
Ground and Pound	Land 3 attacks from a top ground position to receive a progression point	1:00	Vary your strikes and transition occasionally. Use the technique you are trying to learn as the third attack if possible.
Ground Grappling	Perform 3 ground transitions to earn a progression point. Perform the technique you are trying to learn to earn bonus points.	2:00	Transition as much as possible on the ground. If possible, make the transition you are trying to learn the third transition each time.
Submissions	Perform and complete as many submission holds as possible within the time limit.	5:00	If the technique is from an easily accessible ground position, go ahead and use it. Otherwise, use the easiest accessible submission.
Takedowns	Perform as many takedowns as possible within the time limit.	1:00	If you're having trouble landing the takedown, try to bait a counter-attack by using quick jabs.

There are 3 levels of each technique. Each level has increased effectiveness but becomes more difficult to improve upon.

TECHNIQUE LEVEL	PROGRESSION POINT	BONUS POINT
1	10	15
2	7	10
3	5	7

Like Sparring, Camp Invite progression points are multiplied by a difficulty modifier.

DIFFICULTY	MODIFIER
Beginner	1.0
Experienced	1.2
Advanced	1.4
Expert	1.6

Throughout your career, managing your fatigue and conditioning becomes a balancing act. Successfully managing these two stats should ensure that your fighter is always in his best shape when going into fights and always receives the maximum benefit from raining, sparring, and camp invites.

As your fighter begins to reach the elite levels of skill and attributes, activities will require more effort to increase, thus increasing the fatigue cost of training and sparring.

TRAINING

Training increases your fatigue by 10%, 30%, or 50% and your conditioning by 15%. Training loses effectiveness once you hit 50% fatigue. Training is useful to increase your fatigue to 10% or to push your fatigue to 60% or higher. This is because you never want to rest with less than 60% fatigue if possible. Avoid training above 50% fatigue.

SPARRING

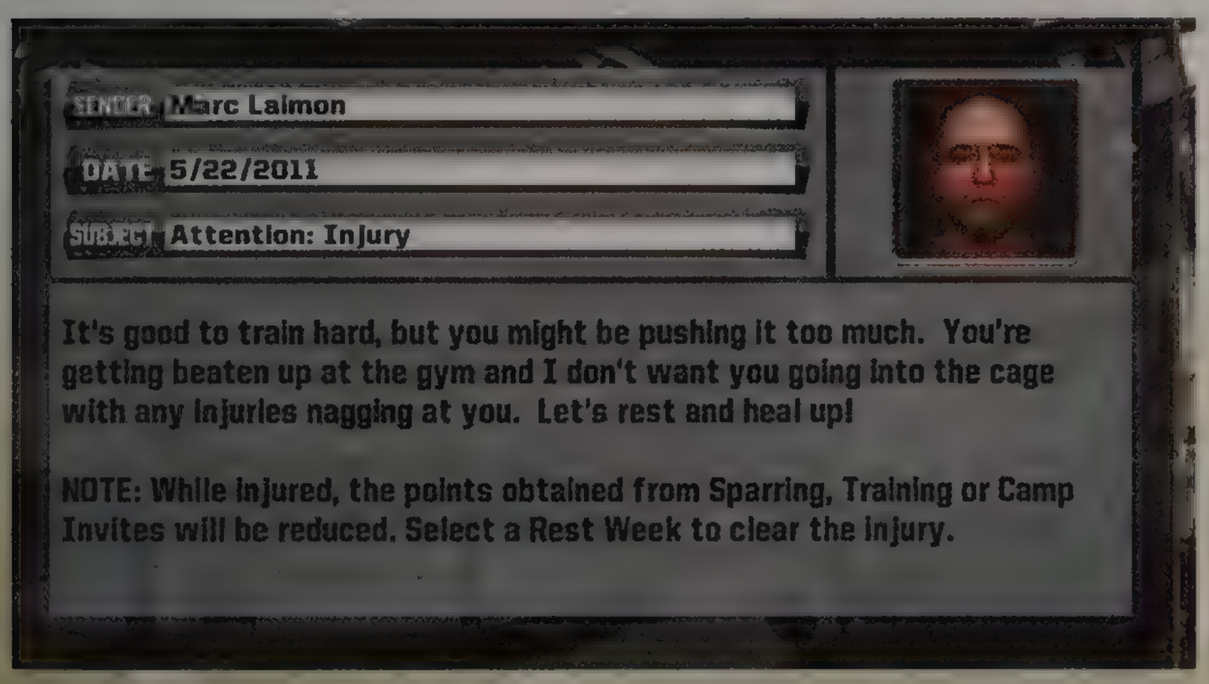
Sparring increases your fatigue by 50% and your conditioning by 20%, so it's best that your fatigue be between 10-29% when you decide to do sparring.

CAMP INVITES

Camp Invites increase your fatigue and conditioning, but you can consider it similar to sparring for most purposes. It does tend to increase fatigue slightly more than sparring, however.

RESTING AND INURIES

Resting decreases fatigue by 60% and conditioning by 20%. Resting also heals any injuries you incur. Injuries decrease the effectiveness of anything you do, so you must rest whenever you are injured.



CREDIBILITY (CRED) AND POPULARITY

Cred and Popularity are important stats to unlocking the full potential of your fighter. Initially, your fighter is only able to achieve a maximum of 40 in attribute and skill points.

POPULARITY

While popularity's effects aren't immediately apparent, it's important for getting sponsors, which helps you earn more Cred. Higher popularity also means you are in high demand for other UFC activities. There are 5 levels of popularity:

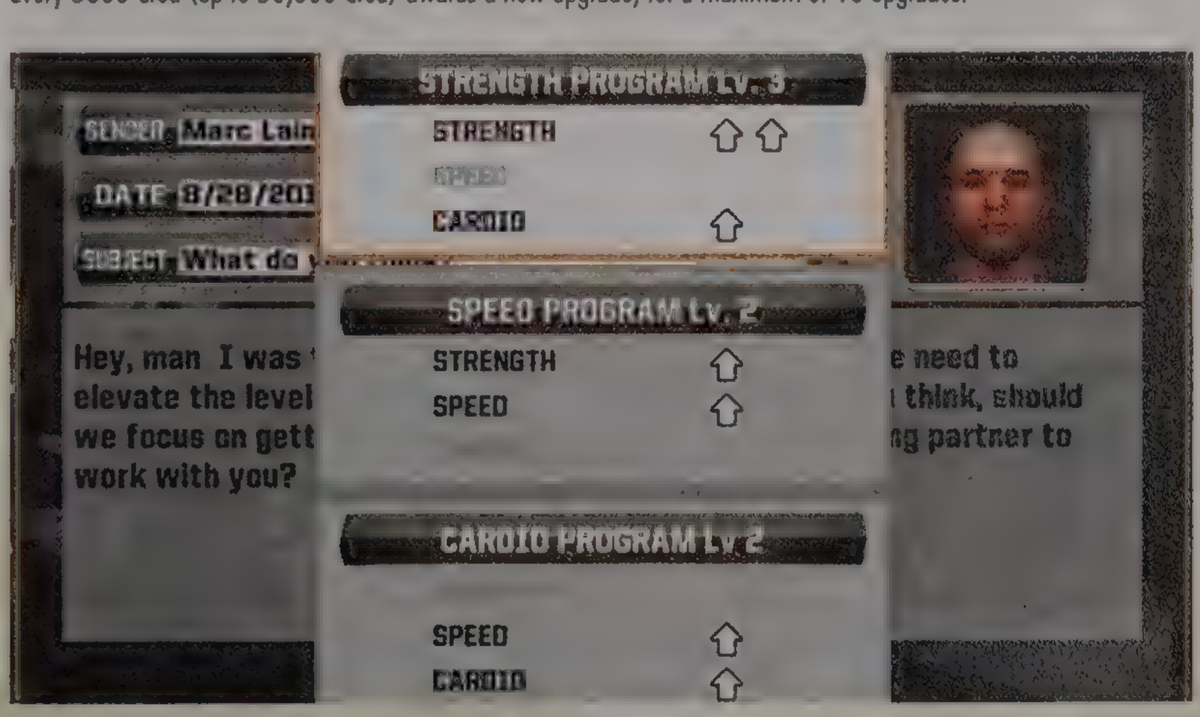
- Unknown
- Prospect
- Rising Star
- Well Known
- Superstar

CREDIBILITY

Cred is important in improving the quality of your training equipment and sparring partners, and thus unlocking your fighter's true potential.

Upgrades

Every 5000 Cred (up to 50,000 Cred) awards a new upgrade, for a maximum of 10 upgrades.



TRAINING LEVEL	ATTRIBUTES IMPROVED DURING TRAINING	MAXIMUM ATTRIBUTE LEVEL
Strength Lv. 1	Strength	40
Strength Lv. 2	Strength and Cardio	70
Strength Lv. 3	Strength and Cardio	100
Speed Lv. 1	Speed	40
Speed Lv. 2	Speed and Strength	70
Speed Lv. 3	Speed and Strength	100
Cardio Lv. 1	Cardio	40
Cardio Lv. 2	Cardio and Speed	70
Cardio Lv. 3	Cardio and Speed	100

Maximum attributes may be limited by your weight class.

SPARRING PARTNER LEVEL	MAXIMUM SKILL LEVEL
1	40
2	55
3	70
4	85
5	100

EARNING CRED AND POPULARITY

There are various ways to improve your Cred and Popularity throughout your career.

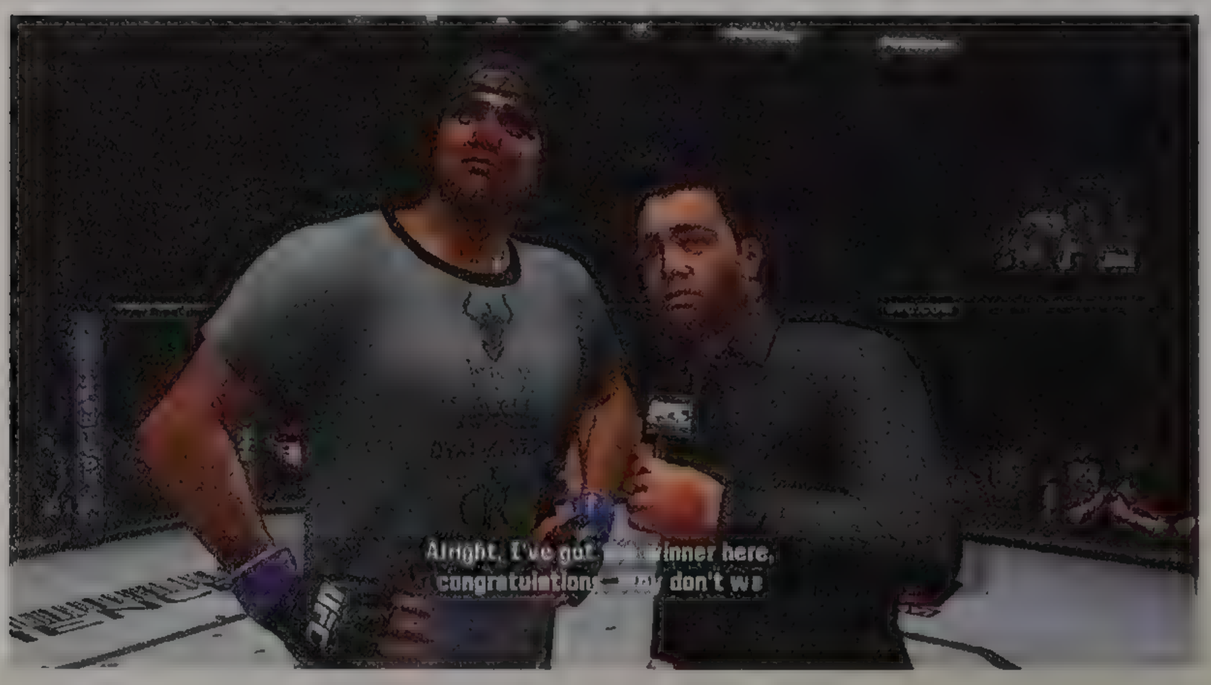
Accepting Fights

Fights are your main way of earning Cred. How much Cred you earn depends on 4 categories:

FIGHT SIGNED	You earn a predetermined amount of Cred just for showing up at the fight, even if you lose.
VICTORY BONUS	You receive a small bonus amount of Cred for winning the fight
PERFORMANCE BONUS	If you win any awards, you win a bonus amount of Cred. Such bonuses include KO of the Night, Submission of the Night, and Fight of the Night.
SPONSORSHIP BONUS	You earn bonus Cred for every sponsor your represent based on your level with that sponsor.

Interviews

Once you join the UFC, Joe Rogan interviews you after fights and you're able to earn Cred with positive responses or general responses, and earn Popularity with negative responses or by addressing the fans. During Title fights, you can respect your opponent for Cred or disrespect your opponent for popularity in the pre-fight weigh-in.



Friends and Rivals

During interviews and weigh-ins you can respect or disrespect your opponents, which increases or decreases your standing with them. Training at fighter's camps also increases your standing with them.

When fighting a rival, you receive a Cred and Popularity increase after a fight. Friends grant you a boost to your technique progression at their camps.

UFC Activities

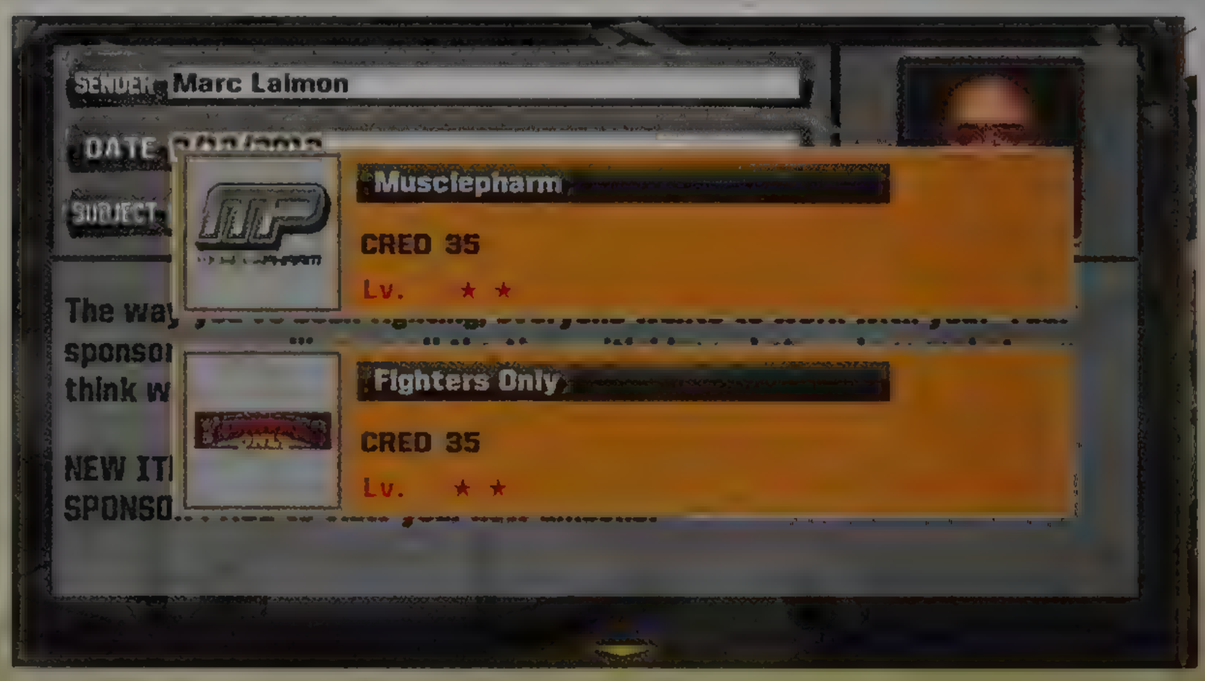
UFC Activities increase your popularity with your fans. Signing up for UFC activities precludes you from doing anything else that week. Such activities include: Attending UFC Events, Pre-Fight Interviews, and Press Workouts.

SPONSORS

As you gain popularity, you're able to deck out your fighter in sponsor made clothing, or customize your own outfit covered with sponsor logos. Your trunks and shirt may show 10 logos each and your headwear can accommodate 5. Winning fights while representing your sponsor will increase your sponsor's commitment level while losing several fights in a row may cause a sponsor to lose interest in you.

SPONSOR TIERS	INCLUDED SPONSORS
Tier 1	THQ Yuke's MMA Connected MMA Elite Musclepharm Yardbarker.com
Tier 2	BSN FIGHT! Magazine Fighters Only Lugz MMAFIGHTING.COM Spike TV Xyience
Tier 3	Cage Fighter Deathclutch Dethrone Royalty Hayabusa TOE 2 TOE VENUM
Tier 4	Bad Boy Ecko Unlimited Punishment Throwdown Industries Tokyo Five Warrior
Tier 5	Affliction Hitman Silver star Sinister Sprawl Tapout

SPONSOR TIER	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Tier 1	20	30	40	50	60
Tier 2	25	35	45	55	65
Tier 3	30	40	50	60	70
Tier 4	40	50	60	70	80
Tier 5	50	60	70	80	100



CHANGING WEIGHT CLASSES

So you are the champ, you've completely dominated your division by defending your title several times, and it does not look like it is changing any time soon. Luckily, you may be given the opportunity to change to a new division and test your mettle against new opponents. Changing to a new division requires you to relinquish your belt and the move is permanent.

Should you decline, you may eventually be presented with a special matchup. After the special matchup occurs, you may be presented with another opportunity to change divisions.

THE DIVISION CHAMPIONSHIP

Everyone wants to be at the top, so you must fight your way through everyone else and prove you're the one who deserves a shot at the title.

CHALLENGING FOR THE TITLE

After winning fights against several of your division's top fighters, Dana White may show up and offer you a title match with the division champion. If you accept, the only option for your next fight is against the champion. Title Fights are 5 rounds consisting of 5 minutes each. If you can successfully finish the fight, the title belt is yours.

DEFENDING THE TITLE

You've earned the division championship, but some people still think it was a fluke win. Your first title defense is often as important as winning the title. Now you can prove all the critics wrong and show them you're the best in the division.

HALL OF FAME

If you have an outstanding career, Dana White may bestow the highest honor a UFC Fighter can receive; induction into the UFC Hall of Fame. In order to get into the UFC Hall of Fame, you must meet all the following criteria:

Must be in the UFC
Have 25 or more UFC wins
Won a UFC Championship in any division
Defended a UFC Championship 5 or more times
Have a Cred level of 50,000 or more
Have a Popularity level of Well Known or higher
Compete in a Champion vs. Champion match

ULTIMATE FIGHTS MODE

The Classic Fights Mode in UFC Undisputed 2010 allows you to relive incredible matches from past UFC events. The twist to this year's game is that you can recreate history, or rewrite it!

Both fighters in the following bouts have their own requirements to meet in order to earn their rewards. Each challenge is broken down into three classes, and each class has three requirements that must be met. The rewards earned are as follows:

CHALLENGE LEVEL	REWARD
Class A	Movie
Class B	3000 shop points
Class C	1500 shop points

You must clear all three requirements in order to earn a Class reward. The tables on the following pages break down the requirements for each fighter. The most important thing to note for these requirements is whether or not it must be done in a specific round.

ULTIMATE 2009

STEPHAN BONNER VS. JON JONES — UFC 94

CHALLENGE	STEPHAN BONNAR	JON JONES
A Class	Win by Submission (Round 2)	Win by Decision
	Avoid being knocked down (Round 2)	Avoid all bottom ground positions
	Avoid all takedowns	Avoid being knocked down
B Class	Land 6 punches to the head from Single Collar Tie Offense (Round 2)	Land a spinning back elbow
	Land 10 Low Kicks	Open a cut on the opponent
	Gain 3 Double or Single-Leg takedowns	Land a knee to the head from Muay Thai Clinch Offense (Round 1)
C Class	Land 3 spinning back kicks to the body (Round 1)	Land a spinning back kick to the body (Round 1)
	Attempt a Triangle Choke (Round 2)	Perform 3 throws from the clinch
	Land more successful strikes than the opponent (Round 1)	Land more successful strikes than the opponent (Round 1)

MARCUS DAVIS VS. DAN HARDY — UFC 99

CHALLENGE	MARCUS DAVIS	DAN HARDY
A Class	Win by Submission (Round 3)	Win by decision
	Win without being cut	Win without being cut
	Gain at least 3 minutes of top ground control	Spend less than 2 minutes in bottom ground position
B Class	Gain the Mount Top Postured position (Round 1)	Open a cut on the opponent
	Knock the opponent down (Round 2)	Rock the opponent (Round 1)
	Perform a Kneebar and switch to another submission (Round3)	Knock the opponent down from the Muay Thai Clinch Offense (Round 2)
C Class	Press the opponent against the cage and perform a takedown (Round 1)	Land 3 jabs (Round 1)
	Hit opponent with a flying knee (Round 3)	Press the opponent against the cage and perform a takedown (Round 3)
	Attempt an Armbar (Round 3)	Land a 3 strike combo

GEORGES ST-PIERRE VS. BJ PENN II — UFC 94

CHALLENGE	GEORGES ST-PIERRE	BJ PENN
A Class	Win by TKO (Round 4)	Win by Submission (Round 3)
	Spend less than 2 minutes in bottom ground positions	Perform 3 ground transitions in a row without being countered
	Spend more than 2 minutes in top ground positions	Land more successful strikes than the opponent
B Class	Pass from Open Guard to Side Control Top (Round 2)	Gain the Rubber Guard Bottom position (Round 2)
	Land a 4 knee combo from Side Control Top (Round 2)	Transition from Side Control Bottom to Open Guard Bottom (Round 2)
	Open a cut on the opponent	Perform more than 10 successful advantageous transitions
C Class	Perform 3 successful takedowns	Avoid all takedowns (Round 1)
	Hit the opponent with 3 Superman Punches	Hit the opponent with 5 jabs (Round 1)
	Land more successful strikes than the opponent (Round 1)	End the round without bleeding (Round 1)

RICH FRANKLIN VS. WANDERLEI SILVA — UFC 99

CHALLENGE	RICH FRANKLIN	WANDERLEI SILVA
A Class	Win by Decision	Win by KO or TKO (Round 2)
	Land more successful strikes than the opponent	Land more successful strikes than the opponent
	Avoid all takedowns	Gain the Muay Thai Clinch Offense position
B Class	Press the opponent against the cage and perform a takedown (Round 3)	Reverse grapple a kick (Round 1)
	Land a 3 strike combo	Land a 3 strike combo
	Successfully avoid 5 punches with a sway	Land 5 strikes from the Muay Thai Clinch Offense position
C Class	Gain the Mount Top Postured position (Round 1)	Reverse grapple a kick (Round 2)
	Hit opponent with 3 body kicks	End the round with more than 50% stamina remaining (Round 1)
	Perform 3 successful major counters	Open a cut on the opponent

ULTIMATE CLASSICS

TITO ORTIZ VS. VITOR BELFORT — UFC 51

CHALLENGE	TITO ORTIZ	VITOR BELFORT
A Class	Win by Decision	Win by TKO (Round 2)
	Gain more top ground positions than the opponent	Avoid being cut
	Avoid being rocked	Avoid all takedowns
B Class	Attempt an Armbar (Round 2)	Land more successful strikes than the opponent (Round 2)
	Gain more top ground positions than the opponent (Round 2)	Gain more top ground positions than the opponent (Round 2)
	Avoid all bottom ground positions	Rock the opponent (Round 2)
C Class	Avoid being cut (Round 1)	Open a cut on the opponent (Round 1)
	End the round in the Open Guard Top position (Round 1)	Perform 3 successful transitions
	Land 3 elbows from Open Guard Top	Knock the opponent down (Round 1)

TYSON GRIFFIN VS. CLAY GUIDA — UFC 72

CHALLENGE	TYSON GRIFFIN	CLAY GUIDA
A Class	Win by Decision (Round 3)	Win by TKO (Round 2)
	Avoid all takedowns	Gain more top ground position than the opponent
	Land more successful strikes than the opponent	Perform 3 successful takedowns
B Class	Gain at least 3 minutes of top ground control	Reverse a grapple kick (Round 1)
	Avoid being cut	Perform and land a Jab to Takedown combo
	Land a 3 strike combo (Round 1)	Press the opponent against the cage and perform a takedown
C Class	Avoid an attack with a sway (Round 1)	Land 5 strikes from the top in a postured ground position
	Attempt a Heel Hook	Land a High/Low combo attack
	Land a 2 strike combo	Perform 3 successful ground transitions

MATT HUGHES VS. FRANK TRIGG II — UFC 52

CHALLENGE	MATT HUGHES	FRANK TRIGG
A Class	Win by Rear Naked Choke (Round 1)	Win by Submission (Round 1)
	Open a cut on the opponent	Open a cut on the opponent (Round 1)
	Avoid all takedowns (Round 1)	Avoid all takedowns (Round 1)
B Class	Avoid being rocked	Land more successful strikes than the opponent
	Avoid being cut	Avoid all bottom ground positions
	Land more successful strikes than the opponent	Land a 3 hit combo from Mount Top (Round 1)
C Class	Gain a takedown before the opponent (Round 1)	Gain a takedown before the opponent (Round 1)
	Hit opponent with a head kick (Round 1)	Rock the opponent (Round 1)
	Gain the Mount Top Postured position (Round 1)	Gain more top ground positions than the opponent (Round 1)

ULTIMATE KNOCKOUTS

MIRKO CRO COP VS. GABRIEL GONZAGA — UFC 70

CHALLENGE	FIGHTER	FIGHTER
A Class	Win by KO or TKO (Round 1)	KO opponent with a head kick (Round 1)
	Rock the opponent (Round 1)	End the fight in the last 60 seconds (Round 1)
	Avoid all bottom ground positions	Gain at least 1 minute or top ground control (Round 1)
B Class	Land a 3 strike combo	Land more successful strikes than the opponent (Round 1)
	Land a High/Low combo attack	Avoid being hit with more than 5 kicks (Round 1)
	Land a Left/Right combo attack	Land 3 elbows from Open Guard Top (Round 1)
C Class	Land a left head kick (Round 1)	Open a cut on the opponent (Round 1)
	Land 3 body kicks (Round 1)	Land a 3 strike combo (Round 1)
	Land 5 low kicks (Round 1)	Reverse grapple a kick (Round 1)

MATT HUGHES VS. THIAGO ALVES — UFC 85

CHALLENGE	MATT HUGHES	THIAGO ALVES
A Class	Win by KO or TKO (Round 2)	Win by TKO (Round 2)
	Avoid being cut	Gain more top ground positions than the opponent
	Gain more top ground positions than the opponent	Avoid all bottom ground positions (Round 2)
B Class	Land more successful strikes than the opponent (Round 1)	Open a cut on the opponent (Round 2)
	Perform 3 successful takedowns	Hit the opponent with a Flying Knee (Round 2)
	Reverse grapple a kick	Reverse a ground transition attempt
C Class	Gain the Salaverry Top position (Round 1)	Land a 3 strike combo (Round 1)
	Attempt an Armbar	Perform 3 successful ground transitions (Round 1)
	Land 3 strikes from Open Guard Top	Land 3 body kicks (Round 1)

ULTIMATE SUBMISSIONS

CHUCK LIDDELL VS. RASHAD EVANS — UFC 88

CHALLENGE	CHUCK LIDDELL	RASHAD EVANS
A Class	Win by KO or TKO (Round 2)	Win by KO from a punch (Round 2)
	Avoid all takedowns	Avoid being cut
	Avoid being cut	Avoid being knocked down
B Class	Land more successful strikes than the opponent	Land more successful strikes than the opponent
	Avoid being knocked downs	Land at least 3 counter strikes
	Land more counter strikes than the opponent	Avoid being rocked
C Class	Avoid entering the gassed state	Land 3 low kicks (Round 1)
	Land a head kick (Round 1)	Avoid all bottom ground positions (Round 1)
	Survive longer than 3:07 in Round 2 (Round 2)	Open a cut on the opponent (Round 1)

DAN HENDERSON VS. MICHAEL BISPING — UFC 100

CHALLENGE	DAN HENDERSON	MICHAEL BISPING
A Class	Win by KO from a punch (Round 2)	Win by Decision
	Avoid all takedowns	Less than 2 minutes spent in bottom ground position
	Block 3 consecutive attacks	Avoid being rocked
B Class	Land a low kick to Hendo's RIGHT Strong Straight (Technique) punch	Survive longer than 2:40 in Round 2 (Round 2)
	Land a 3 strike combo	Take the opponent down 3 times (Round 1)
	Rock the opponent	Land a 3 strike combo (Round 2)
C Class	Hit opponent with 10 jabs	Knock the opponent down
	From a clinch position, hit the opponent with 10 knees	Land at least 3 count strikes
	Gain a cage position	Hit opponent with 10 jabs

KENDALL GROVE VS. ALAN BELCHER — UFC 69

CHALLENGE	KENDALL GROVE	ALAN BELCHER
A Class	Win by D'arce Choke (Round 2)	Win by KO or TKO (Round 2)
	Gain more top ground positions than the opponent	Avoid all bottom ground positions
	Land more successful strikes than the opponent	Avoid being rocked
B Class	Reverse a ground transition attempt	Gain 3 Double or Single-Leg takedowns
	Land at least 3 major counter strikes	Perform and land a Jab to Takedown combo (Round 1)
	Land 5 knees from the Muay Thai Clinch Offense position	Block 3 consecutive attacks (Round 1)
C Class	Hit opponent with 2 front kicks (Round 1)	Land a head kick (Round 2)
	Perform 3 successful ground transitions	Land a 3 strike combo
	Hit opponent with 3 jabs	Land 3 jabs

ALAN BELCHER VS. DENIS KANG — UFC 93

CHALLENGE	ALAN BELCHER	DENIS KANG
A Class	Win by Guillotine Choke (Round 2)	Win by Submission (Round 2)
	Attempt a Guillotine Choke from the Sprawl Top position (Round 2)	Avoid being rocked
	Avoid being rocked	Avoid all bottom ground positions (Round 2)
B Class	Avoid all takedowns	Land more successful strikes than the opponent (Round 2)
	Avoid being cut	From Half Guard top, attempt a Kimura (Round 1)
	Land more successful strikes than the opponent (Round 2)	Avoid having more than 3 takedowns defended
C Class	Less than 1 minute spent in bottom ground positions (Round 1)	Gain 3 Double Leg or Single Leg Takedowns (Round 1)
	Reverse a ground transition attempt	Gain more top ground positions than the opponent (Round 2)
	Avoid being gassed (Round 1)	Survive longer than 4:36 in Round 2 (Round 2)

NATE DIAZ VS. KURT PELLEGRINO — UFC Fight Night

CHALLENGE	NATE DIAZ	KURT PELLEGRINO
A Class	Win by Triangle Choke (Round 2)	Win by KO or TKO (Round 1)
	Win with less than 2 minutes spent in top ground positions (Round 2)	Finish the fight from a ground position (Round 1)
	Do not allow more than 3 successful ground transitions (Round 2)	Avoid being gassed (Round 1)
B Class	Attempt a Kimura (Round 2)	Perform 3 successful transitions (Round 1)
	Escape a bottom ground position back to Standing position	Open a cut on the opponent (Round 1)
	Avoid an attack with a sway	Gain the Salaverry Top position (Round 1)
C Class	Hit the opponent with 5 jabs	Perform a takedown (Round 1)
	Land a 2 strike combo (Round 1)	Gain at least 1 minute of top ground control
	Perform a throw from a clinch position (Round 2)	Gain the Back Mount Top position (Round 1)

DEMIAN MAIA VS. CHAEL SONNEN — UFC 95

CHALLENGE	DEMIAN MAIA	CHAEL SONNEN
A Class	Win by Triangle Choke (Round 1)	Win by KO or TKO (Round 1)
	Avoid having a transition countered	Avoid all submission attempts
	Avoid being rocked	Avoid having a transition countered
B Class	Avoid being cut	Avoid being taken down (Round 1)
	Press the opponent against the cage and land a knee to the body (Round 1)	Land 4 low kicks (Round 1)
	Press the opponent against the cage and perform a takedown (Round 1)	Land 8 jabs (Round 1)
C Class	Land a Left/Right combo attack (Round 1)	Gain the Up position of Up/Down (Round 1)
	Land 2 body kicks (Round 1)	Sway and avoid 3 punches (Round 1)
	Gain the Mount Top Postured position (Round 1)	Survive longer than 3:07 (Round 1)

PLAYSTATION® 3 EXCLUSIVE FIGHTS

CARLOS CONDIT VS. MARTIN KAMPMANN — Ultimate Fight Night 19

CHALLENGE	CARLOS CONDIT	MARTIN KAMPMANN
A Class	Win by KO or TKO (Round 3)	Win by Decision
	Avoid being cut	Gain more top ground positions than the opponent
	Avoid all takedowns	Less than 1 minute spent in bottom ground positions
B Class	Open a cut on the opponent (Round 1)	Attempt a Heel Hook (Round 1)
	Gain the Back Mount Top position (Round 2)	Reverse 2 transition attempts (Round 2)
	From a clinch position, land 8 strikes (Round 3)	Land a 3 hit combo twice (Round 3)
C Class	From a clinch position, perform a throw (Round 1)	Gain a takedown (Round 1)
	Gain a takedown (Round 2)	Land 5 strikes from a postured top ground position (Round 2)
	Transition to any clinch position (Round 3)	Hit the opponent with 5 jabs

NATE MARQUARDT VS. DEMIAN MAIA — UFC 102

CHALLENGE	NATE MARQUARDT	DEMIAN MAIA
A Class	Win by KO from a punch (Round 1)	Win by Submission (Round 1)
	Win without throwing a kick (Round 1)	Avoid being rocked (Round 1)
	Avoid being hit 11 times or more (Round 1)	Avoid being taken down
B Class	Avoid being cut	Avoid being knocked down
	Rock the opponent with a punch (Round 1)	Avoid having a transition countered
	Land 3 counter strikes	Avoid being cut
C Class	Avoid being taken down	Gain at least 1 minute of top ground control (Round 1)
	Land more successful strikes than the opponent (Round 1)	Perform 3 successful ground transitions (Round 1)
	Avoid all bottom ground positions (Round 1)	Hit opponent with 3 body kicks (Round 1)

MATT HUGHES VS. ROYCE GRACIE — UFC 60

CHALLENGE	MATT HUGHES	ROYCE GRACIE
A Class	Win by TKO from the Back Mount Top position (Round 1)	Win by Submission (Round 1)
	Land more successful strikes than the opponent	Land 3 counter strikes
	Avoid being cut	Gain more top ground positions than the opponent
B Class	Land at least 3 punches from the Back Mount Top position (Round 1)	Reverse grapple a kick
	Gain more top ground positions than the opponent	Reverse a ground transition attempt
	From Side Control top, land 3 elbow strikes to the body (Round 1)	Press the opponent against the cage and perform a takedown (Round 1)
C Class	Hit opponent with a Superman Punch (Round 1)	Land a head kick (Round 1)
	From Side Control Top, attempt an Americana (Round 1)	Land 3 low kicks (Round 1)
	Gain the Back Mount Top position (Round 1)	Attempt a submission (Round 1)

MARTIN KAMPMANN VS. DREW MCFEDRIES — UFC 68

CHALLENGE	MARTIN KAMPMANN	DREW MCFEDRIES
A Class	Win by Arm Triangle choke (Round 1)	Win by KO or TKO (Round 1)
	Gain more top ground positions than the opponent	Avoid all takedowns
	Gain a takedown	Avoid being cut
B Class	Land 3 counter strikes (Round 1)	Land 3 counter strikes (Round 1)
	Escape a bottom ground position back to Standing position	Knock the opponent down (Round 1)
	Land a head kick (Round 1)	Open a cut on the opponent
C Class	Avoid being gassed (Round 1)	Land a 3 hit combo (Round 1)
	From Side Control Top, perform a knee to the body (Round 1)	Land a Superman Punch (Round 1)
	Gain the North/South top position	Land 3 jabs

FORREST GRIFFIN VS. KEITH JARDINE — UFC 66

CHALLENGE	FORREST GRIFFIN	KEITH JARDINE
A Class	Win by KO or TKO	Win by KO or TKO (Round 1)
	Land more successful strikes than the opponent	Land more successful strikes than the opponent
	Avoid being rocked	Knock the opponent down (Round 1)
B Class	Survive longer than 4:40 (Round 1)	Land a High/Low combo attack (Round 1)
	Land 8 low kicks	Rock the opponent (Round 1)
	Reverse grapple a kick (Round 1)	Avoid all takedowns (Round 1)
C Class	Land a High/Low combo attack	Land a 3 hit combo (Round 1)
	Land 5 strikes from a clinch position	Avoid an attack with a back step (Round 1)
	Land a 2 strike combo (Round 1)	Avoid an attack with a sway (Round 1)

MOSTAPHA AL TURK

European grappling champion Mostapha Al Turk has been in the fight game for over ten years. He owns a TKO win over The Ultimate Fighter's James McSweeney and provided spirited efforts against Mirko Cro Cop and Jon Madsen in UFC bouts.

STATISTICS

AGE>	36
BIRTHDATE>	7/14/73
WEIGHT>	235 lbs.
HEIGHT>	6'2"
REACH>	77.5"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Beirut Lebanon

FIGHTING OUT OF
London England

FIGHT CAMP
London Shootfighters

TRAINER
—

RECORD

OVERALL>	6-5-0-0
UFC>	0-2-0-0

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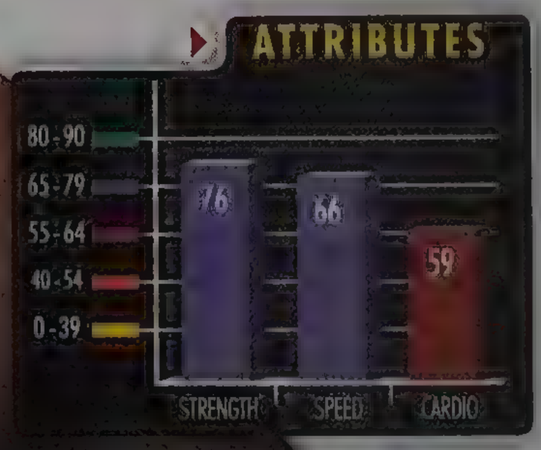


SKILLS

IN THE OCTAGON

Offensively, Mostapha Al Turk is more at home on the ground than he is in a standing situation. His ground grapple offense is slightly above average, as is his submission and ground striking offense, so this is where you want to take the fight if at all possible.

Defensively, Al Turk is fairly strong against submissions and takedowns, but his ground defense is average at best, and his standing and clinching defense is a weakness. He's not the fastest fighter in the world, and his below-average cardio means that you must finish the fight quickly or risk not having the stamina to continue.

Your best bet for taking the fight to the ground is shooting for a takedown. Improve your chances of success by baiting opponents into a predictable striking pattern or watching for slow kicks.

ON YOUR FEET

Standing and trading shots with opponents is not where Al Turk shines. His strikes and kicks are average, and he doesn't have the best defense against them—especially kicks. He's also vulnerable to strikes in the clinch.

Stay at maximum striking range while standing. This forces opponents to use slower, longer reaching strikes, allowing you a better chance at scoring an easy takedown.

TO THE MAT

Al Turk's best chance for victory is on the ground. His takedown skills are reasonably sharp, especially considering his respectable strength, and he's able to use his above-average ground grapple offense to transition to more advantaged positions with careful timing. His submission and ground striking offense are his most formidable weapons, so use whichever one your opponent is weaker against.

TAKING THE FIGHT TO AL TURK

Keep your timing unpredictable so Al Turk can't get an easy takedown.

Once you manage to get the fight on the ground, you want to keep it there. Keep the ground and pound up to wear down your opponent while waiting for chances to reverse an opponent's escape attempts.

If you can keep the fight standing, you have an excellent chance at defeating Al Turk. He is extremely vulnerable to kicks, which also weakens his ability to take you down to the ground, where he's more comfortable. Look for the KO or TKO by landing stiff, carefully timed shots to the head (quick strikes work best), and work in some clinch striking, which he doesn't have great defense against either.

Al Turk doesn't have much in the way of cardio, so the longer the fight goes, the better your odds of victory. Push the pace of the fight to exhaust Al Turk and counter his slow offense to take him down.

ANDREI ARLOVSKI

"THE PITBULL"

"The Pitbull" earned his nickname by being one of the UFC's most tenacious and lethal heavyweights. After a 2004 motorcycle injury left UFC Heavyweight Champion Frank Mir unable to defend his title, Arlovski defeated fellow top heavyweight Tim Sylvia to become the interim champion at UFC 51.

Arlovski defended the title successfully at UFC 53 and 55 before losing it to Tim Sylvia at UFC 59. Arlovski suffered a second loss to Sylvia at UFC 61, but he bounced back from his loss with three victories.

STATISTICS

AGE>	31
BIRTHDATE>	2/4/79
WEIGHT>	235 lbs.
HEIGHT>	6'3"
REACH>	77"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Minsk, Belarus

FIGHTING OUT OF
Chicago, IL

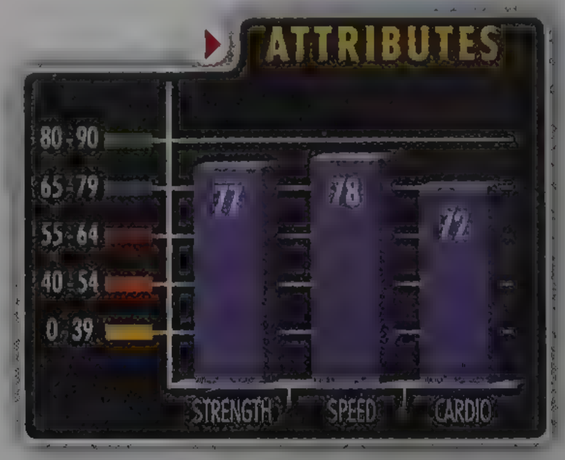
FIGHT CAMP
Team Pitbull

TRAINER

RECORD

OVERALL>	15-7-0-0
UFC>	10-4-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Andrei Arlovski brings a dangerous combination of speed and power to the Octagon, allowing him to KO a careless opponent with a single strong strike. When fighting as Arlovski, this should always be your primary game plan. Keep the fight standing and keep your hands up as you look for the opportunity to unleash a lethal counter punch.

Defensively, Arlovski is strong against standing kicks and strikes, and he's a tough fighter to submit. However, he struggles in the clinch, and if an opponent is able to take an advantaged position on the ground, he's vulnerable to strong ground and pound offense.

Try to stay at maximum range where your strikes are more likely to hit first and score counter hits.

ON YOUR FEET

As long as you keep the fight standing, it's going Arlovski's way. Your two main goals in a standing situation should be to avoid the clinch and look for opportunities to land solid strikes. Arlovski's strike and kick defense is solid, as is his takedown defense, but if an opponent manages to clinch with him, Arlovski is in danger of being thrown to the mat.

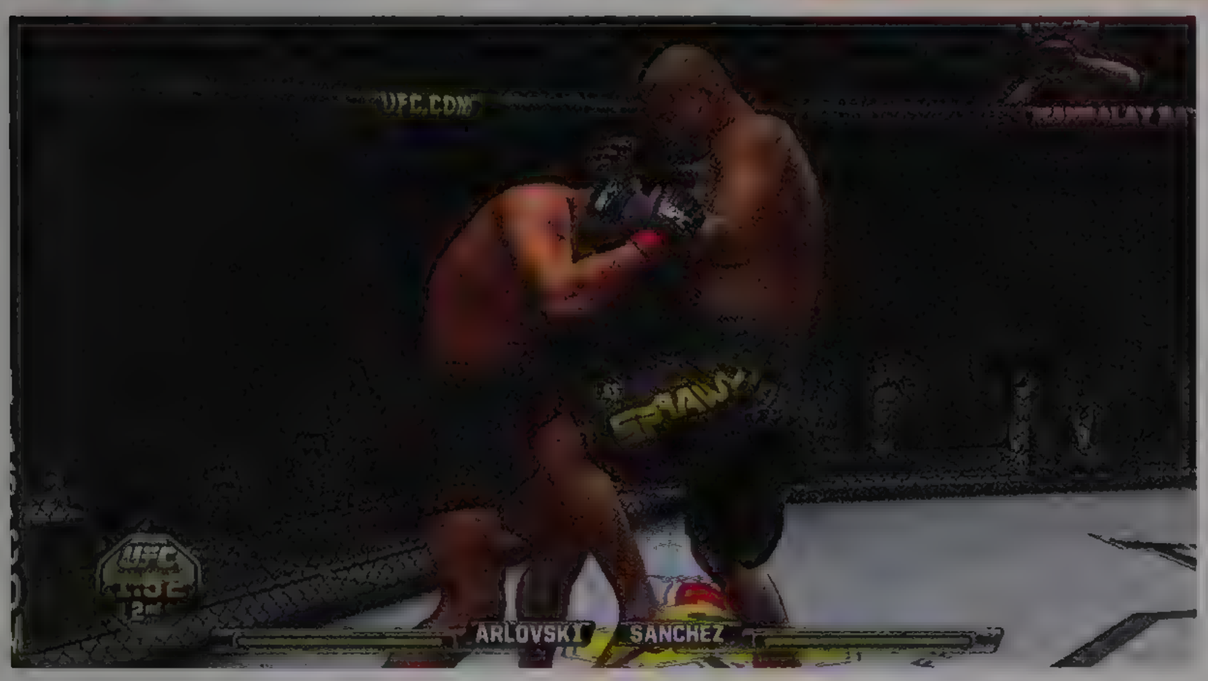
Use Arlovski's speed to sway and counter with fast, damaging strikes.

TO THE MAT

If the fight goes to the ground, get back to a standing position as quickly as possible. Arlovski's ground offense is average at best, and he's vulnerable to ground strikes. Fortunately, he has respectable ground grapple and submission defense, so it's difficult for an opponent to take a truly dominant position or submit him, but there isn't much Arlovski can do to finish the fight or win points while he's down.

If you're unable to get the fight standing again, Arlovski has a decent submission offense to finish off fatigued opponents with weak ground games.

TAKING THE FIGHT TO ARLOVSKI



If you're a striker, fighting in close diminishes the advantage of Arlovski's speed. This also makes it easier to move into clinch.

When facing Arlovski, you must find a way to take him to the ground, and that's easier said than done. His blinding speed gives him the ability to counter all but the best-timed attacks. His strength and striking offense will make you pay for any mistakes you make.

The best way to take down Arlovski is to clinch with him and throw him to the mat. From there, use strikes to soften him up and distract him while you attempt to advance your position. Once you achieve full mount, unleash strikes to earn the victory by KO or TKO.

PAT BARRY

"HD"

Pat Barry is an up-and-coming knockout artist. This 30-year old former K-1 kickboxer holds a 2-1-0-0 record in the UFC, with both of his wins coming by TKO.

Barry made his UFC debut with an impressive first-round TKO at UFC 92. He suffered his first career loss at UFC 98, falling victim to a first-round choke submission, but he redeemed himself by beating Antoni Hardonk via TKO in the second round of their UFC 104 fight.

STATISTICS

AGE>	30
BIRTHDATE>	7/7/79
WEIGHT>	235 lbs.
HEIGHT>	5'11"
REACH>	74.5"
STANCE>	Orthodox and Switch

NATIONALITY

HOMETOWN:
New Orleans, LA

FIGHTING OUT OF
Milwaukee, WI

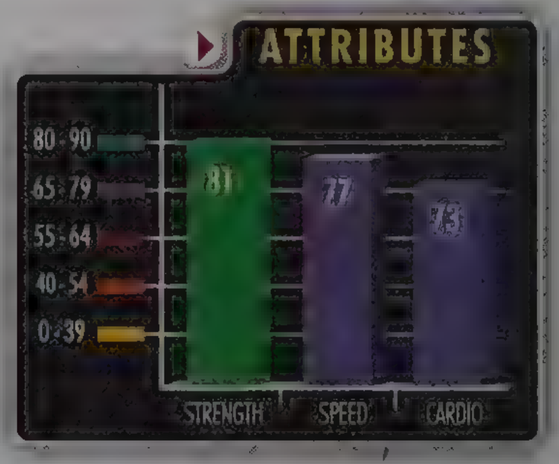
FIGHT CAMP
Roufusport

TRAINER
Duke Roufus

RECORD

OVERALL>	5-1-0-0
UFC>	2-1-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Offensively, Pat Barry has impressive natural abilities, with some striking skill to back them up. His kicks are positively lethal, and his standing strikes aren't too shabby either. Although he is capable of finishing off an opponent with ground strikes if he manages to advance to a dominant position, his best offense comes when he's standing and trading blows with his opponent.

Defensively, Barry is on fairly stable ground as long as he's standing and able to use his impressive natural speed to counter and reverse his opponent's strikes. If you can reverse a takedown you can deliver a devastating knee. However, his clinch grapple and takedown defense is only average, and he's extremely vulnerable to a talented ground grappler with submission skills.

Watch for opponents looking to shoot for the takedown or move in for a clinch fight.

ON YOUR FEET

Keep the fight standing as long as possible when fighting as Barry. He's one of the few fighters whose kicks are capable of ending a fight in a hurry, and his strikes are quick and strong as well. Keep your strikes and kicks unpredictable to avoid reversals and takedowns. Avoid the clinch, because even though Barry can resist clinch strikes, he's vulnerable to being taken down to the mat, where his skills are much less developed.

Keep the fight at kick range when possible.

TO THE MAT

If the fight winds up on the ground, you're in trouble. Barry does not have much in the way of submission defense, and his lackluster ground grapple defense makes it relatively simple for opponents to pass his guard at will. Worse yet, Barry's ground grapple offense is one of his weakest skills, which makes it difficult for him to advance his position.

When on the ground, your best bet is to keep your opponent from posturing up while watching for reversal attempts to gain an advantageous position and get back to your feet.

TAKING THE FIGHT TO BARRY

If you're at range, look for a slower kick to grab.

If you can take Barry to the ground, you're halfway to victory. Both his clinch grapple defense and takedown defense are average (or slightly below), so use whichever technique suits your fighter best. If you can get close, go for the clinch and throw him to the ground.

Once Barry is on his back, it should be a fairly simple matter to transition into more advantageous positions and rain down strikes to soften him up before going for victory by submission. If your fighter is not a skilled submission artist, transition to mount and finish off Barry with some old-fashioned ground and pound.

SHANE CARWIN

Shane Carwin is as close to a human wrecking ball as the Octagon has ever seen. He was a two-time NCAA Division II wrestling runner-up and 1999 NCAA Division II wrestling champion. His first four fights in the UFC ended in the first round by knockout, with Carwin's hand raised in victory.

Carwin's fight at UFC 111 ended when he knocked out former UFC Heavyweight Champion, Frank Mir, three minutes and 48 seconds into the first round. The impressive victory has put him on a path to challenge the only other UFC fighter who wears size 4XL gloves—UFC Heavyweight Champion Brock Lesnar.

STATISTICS

AGE> 35

BIRTHDATE> 1/4/75

WEIGHT> 265 lbs.

HEIGHT> 6'2"

REACH> 80"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Greeley, CO

FIGHTING OUT OF
Denver, CO

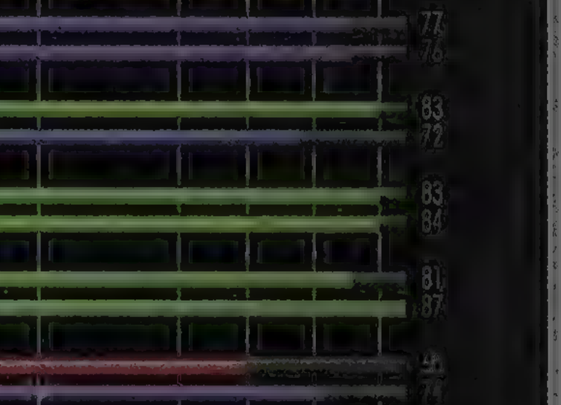
FIGHT CAMP
Greg Jackson's Gym

TRAINER
Trevor Wittman

RECORD

OVERALL> 11-0-0-0

UFC> 4-0-0-0



IN THE OCTAGON

Try to keep the fight standing to maximize your chances of victory.

Shane Carwin is a bona fide knockout artist. Whenever he is on his feet or in a dominant position on the ground, his opponent is in danger of having his lights turned out by Carwin's massive fists. Carwin's kicks and submissions are his least impressive offensive tools, but considering how thoroughly he can overwhelm most opponents, that isn't much of a deficiency.

Carwin doesn't have any obvious holes in his defense. The closest thing he has to a weakness is his striking defense, which is generally average or slightly better, but most opponents don't last long enough to test it. His formidable takedown and clinch grapple defense ensures that he can keep the fight standing for as long as he wants.

ON YOUR FEET

The strategy for fighting as Carwin while standing is simple—avoid taking severe damage from your opponents' strikes and constantly look for an opportunity to hit with combos of strikes and eventually the one big shot that will send your opponent to the mat. Be aware that Carwin's speed isn't the greatest, so you may need to eat some punches while looking for the counter-punch. Throw in a few kicks to mix up your strikes, but keep in mind that Carwin's punches are significantly stronger.

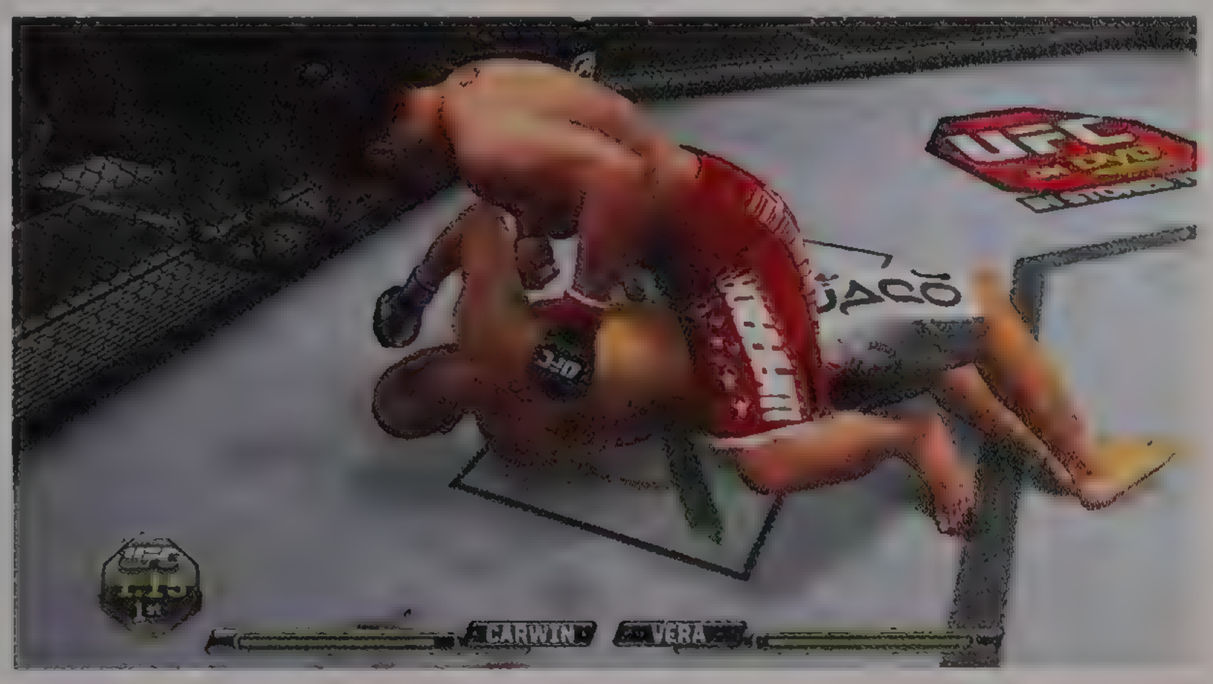
Carwin's counter-punches inflict major damage. Sway to avoid your opponent's strikes and punish him with a hard punch of your own, or counter a slow attack like a wide hook with a quick jab or straight to the head.

TO THE MAT

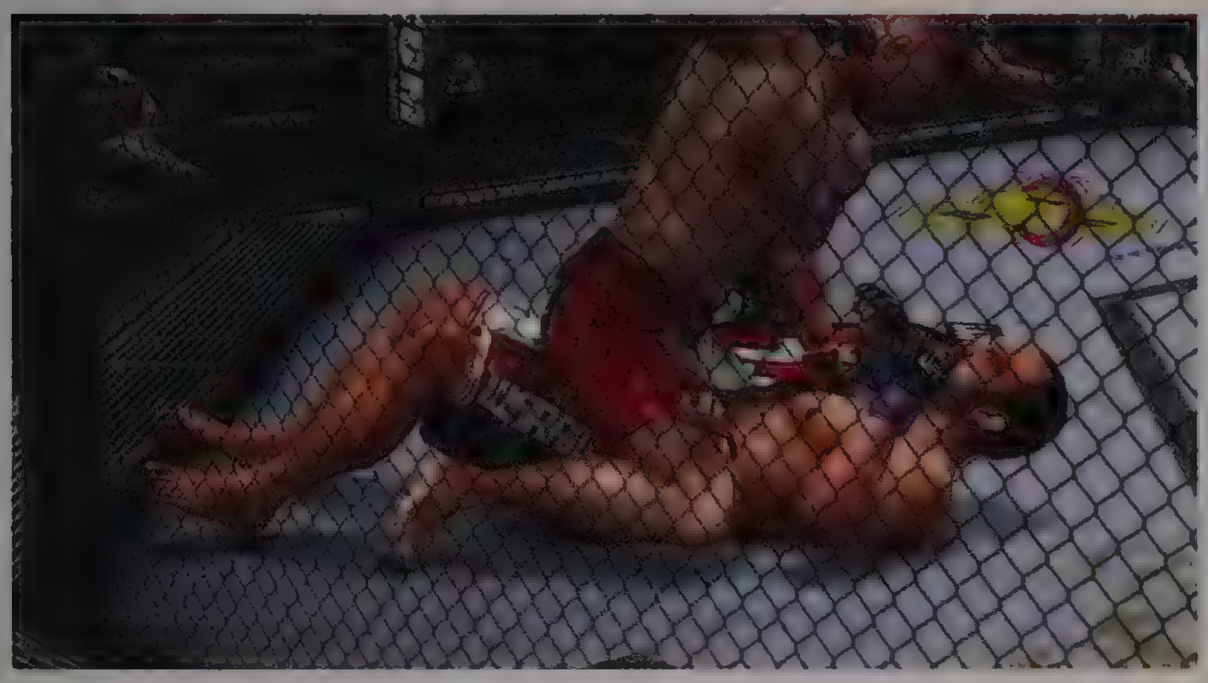
Carwin's takedown and clinch grapple defense prevents the fight from going to the ground unless he gets sloppy or tired, and his respectable offense in these categories gives him the ability to take the fight to the mat if the standing game isn't going his way.

On the ground, Carwin is a bit of a fish out of water. His ground grapple offense is mediocre at best, which makes it difficult for him to transition effectively. Although his ground striking is deadly, it's tricky to get him in an appropriate position to stand a real chance at winning by knockout.

To utilize Carwin's ground and pound properly, you must be patient. Instead of pushing for a more advantageous position, posture up for hard punches when you can and be on the lookout for reversal opportunities when your opponent tries to transition or get up.



TAKING THE FIGHT TO CARWIN



Standing and striking with a power puncher like Carwin is suicide for most fighters. Your best bet is to weaken his legs enough to offset his high takedown defense skill and bring the fight to the ground, where Carwin is much less comfortable. His submission defense is strong, but his ground striking defense is less so.

Once you achieve an advantageous ground position, Carwin has a difficult time getting out of it. Keep up the ground and pound and block or reverse his attempts to escape.

MIRKO CRO COP

Mirko Cro Cop's professional moniker is derived from his previous career as a Croatian cop, specifically his stint as a commando in Croatia's elite anti-terrorism unit, ATJ LUCKO. He began his MMA career in 1996 and quickly established a fearsome reputation as a knockout striker with a lethal high kick. During his time in PRIDE, Cro Cop defeated or fought to a draw against some of the biggest names in mixed martial arts, including Minotauro Nogueira, Wanderlei Silva, Heath Herring, and Mark Coleman. He became PRIDE's Open Weight Grand Prix Champion in 2006.

Cro Cop came to UFC in 2007, defeating Eddie Sanchez at UFC 67 before suffering two consecutive losses against Gabriel Gonzaga and Cheick Kongo. He bounced back from the defeats and won three of his next four fights, including a first-round TKO of Mostapha Al Turk in the first round of their match at UFC 99.

STATISTICS

AGE>	35
BIRTHDATE>	9/10/74
WEIGHT>	225 lbs.
HEIGHT>	6'2"
REACH>	79"
STANCE>	Southpaw

NATIONALITY

HOMETOWN
Vinkovci, Croatia

FIGHTING OUT OF
Zagreb, Croatia

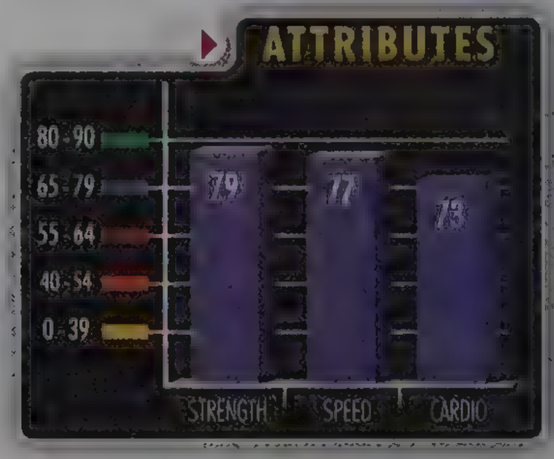
FIGHT CAMP
Cro Cop Squad Gym

TRAINER

RECORD

OVERALL>	26-7-2-1
UFC>	3-3-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Keep the fight standing and at Cro Cop's optimal range—long distance striking.

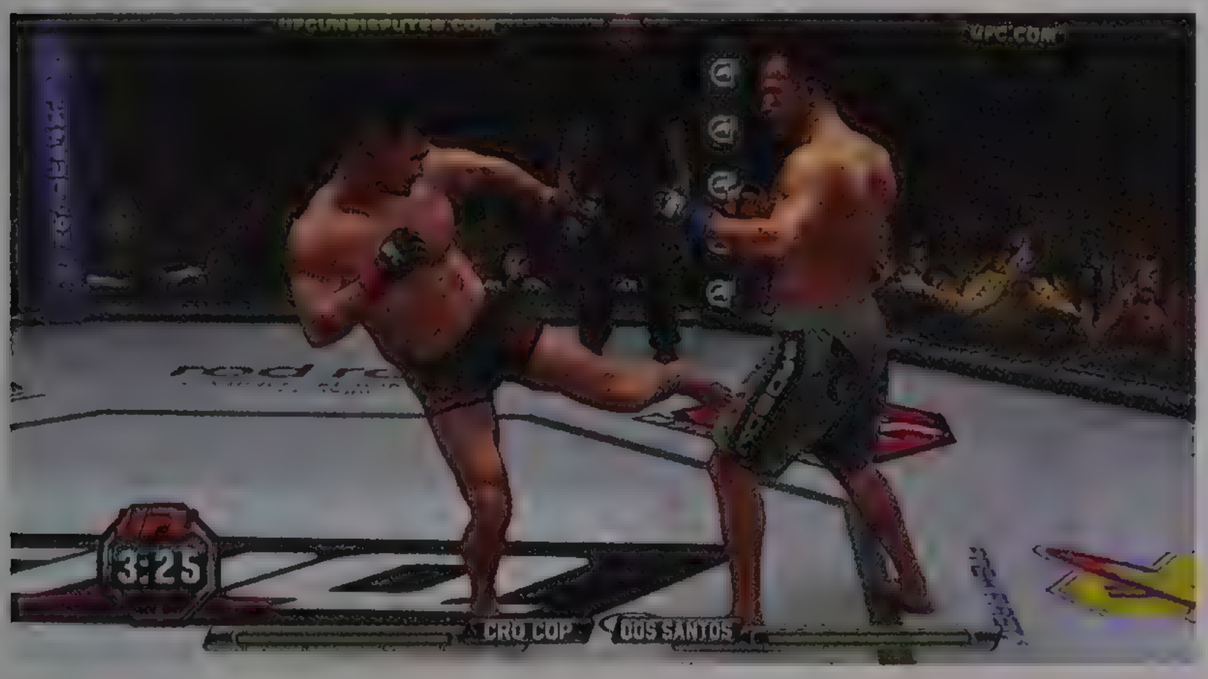
Mirko Cro Cop is a knockout artist whose kicks have ended fights instantly against some of the greatest legends in mixed martial arts. He's a skilled striker as well, with formidable natural strength behind each punch. He's not quite as dangerous in the clinch or on the ground, but he's still capable of inflicting some serious damage if he finds himself there.

Defensively, Cro Cop is extremely solid on his feet, including defending against takedown attempts. His respectable clinch grapple defense helps him stay on his feet, which helps him to avoid his biggest defensive shortcoming, ground striking defense. However, he is also difficult to submit, and his impressive ground grapple defense makes it challenging for opponents to advance their position.

ON YOUR FEET

There is no reason for Cro Cop to try to take the fight anywhere except a standing position. He is capable of knocking out any fighter in the UFC with a precisely timed leg kick, especially after softening them up with strikes to the head. Keep your kicks unpredictable in both timing and where they are placed. Avoid the clinch except in emergencies, as this puts Cro Cop at a disadvantage.

Work the legs early in matches to slow down opponents. It makes it harder for opponents to move in for a clinch or shoot for a takedown.



TO THE MAT

If you find yourself on the mat, work to get back to your feet, but do not panic. Cro Cop's ground grapple defense and submission defense should keep you out of serious trouble while you look for an opportunity to defensively transition. Don't bother going on offense when you're in an advantaged position; Cro Cop's ground striking is unimpressive, and his submissions are his weakest offensive weapon. As long as you keep opponents from posturing up while you are on the ground, you shouldn't be too worried.

Be patient and look for reversal opportunities to get out or the ref to stand up both fighters.

TAKING THE FIGHT TO CRO COP

Strikers with superior punching power or eight-pointed striking can stay close to Cro Cop and neutralize a majority of his strong kicks.

Standing toe-to-toe with Cro Cop is a good way to get your head kicked off of your shoulders. He's fast, he's strong, and he has the most dangerous kicks in UFC history. Instead, work him over in the clinch and throw him to the mat—if you shoot for a takedown, there's a good chance that he'll catch you with a kick and turn your lights out.

Once he's on the ground, look for an opportunity to ground and pound. Although his submission offense is weak, Cro Cop is quite skilled at defending against submission attempts.

JUNIOR DOS SANTOS

"CIGANO"

With no UFC losses, Junior Dos Santos is quickly establishing himself as one of the most exciting young strikers in the UFC. A training partner of Minotauro Nogueira and Anderson Silva, Junior Dos Santos has fought five times in the UFC and won all five fights.

Four of the five ended in first round knockouts. The other one, a fight against Mirko Cro Cop at UFC 103, went to Dos Santos after Dos Santos broke Cro Cop's orbital bone with a punch.

STATISTICS

AGE>	26
B.MYDAY>	1/30/84
WEIGHT>	235 lbs.
HEIGHT>	6'3"
REACH>	77"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Salvador, Bahia, Brazil

FIGHTING OUT OF
Salvador, Bahia, Brazil

FIGHT CAMP
Team Black House

TRAINER
[illegible]

RECORD

OVERALL>	10-1-0-0
UFC>	4-0-0-0

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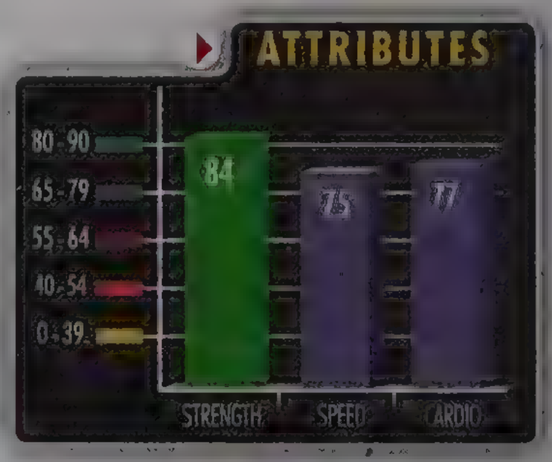


SKILLS

IN THE OCTAGON

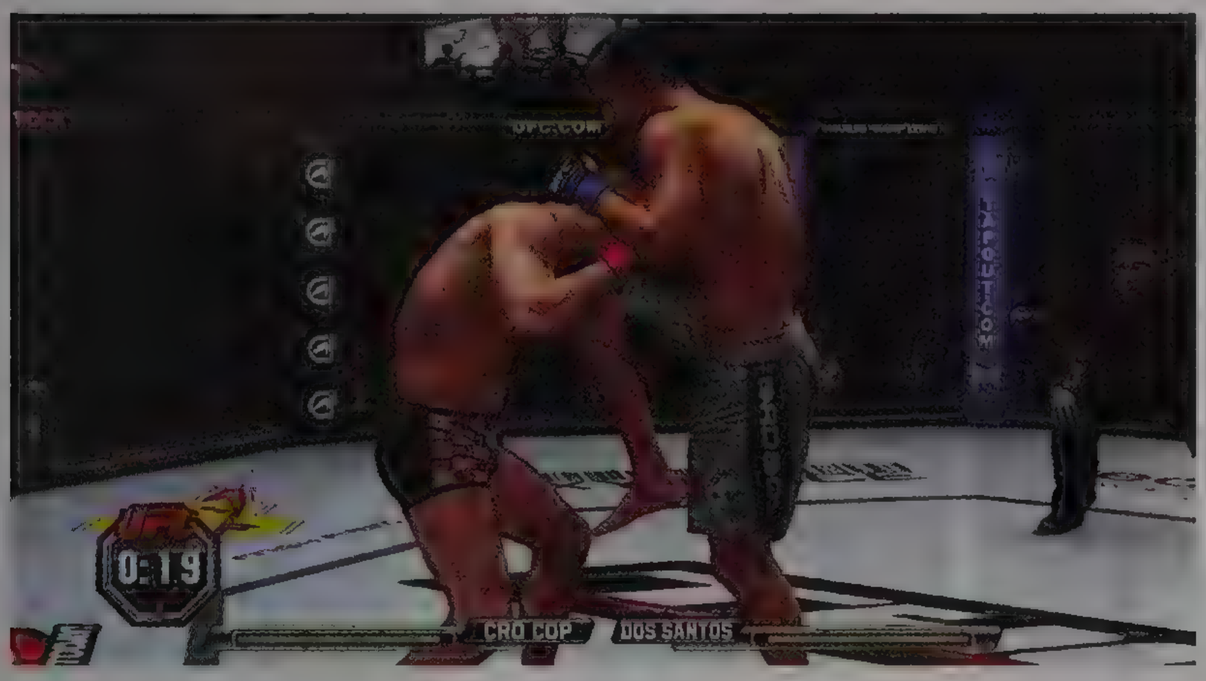
Dos Santos is highly adaptable, with strong weapons to take the fight wherever opponents are weakest.

Junior Dos Santos has a dangerous combination of strength, cardio, and striking skill that makes him a threat whenever he's standing up in the Octagon. He's also a strong striker in the clinch, and he doesn't lose much off of his punches when he's in a dominant position on the ground. He's not much of a grappling or submission artist, but with fists as heavy as his, he doesn't need to be.

Dos Santos' biggest defensive weakness is his vulnerability to clinch grapples, which can lead to him on the ground and locked in a submission (another defensive weakness). However, when it comes to absorbing punishment from strikes, Dos Santos is able to take what he dishes out.

ON YOUR FEET

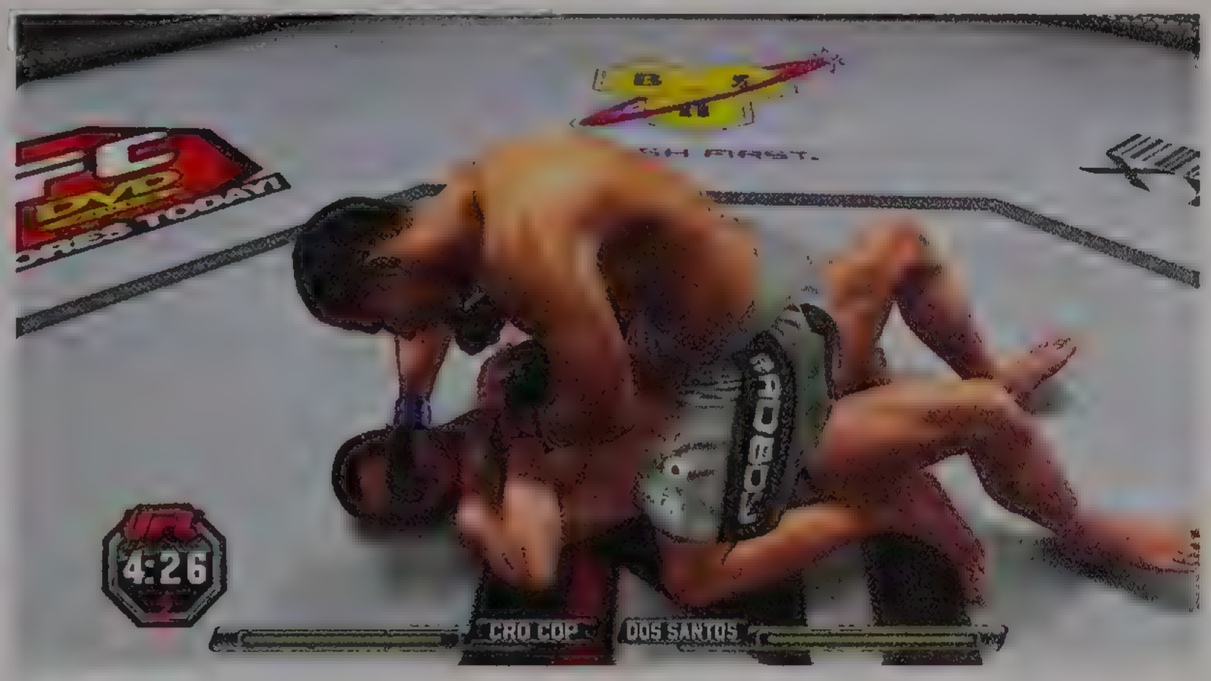
When Junior Dos Santos is on his feet, the fight is in his hands—literally. His high cardio and bullish strength allow you to use a few strikes to find the proper range, setting up a shot that can rock opponents. Keep the fight standing as much as possible, and if you wind up in the clinch, stay on offense.



Take advantage of Dos Santos's clinch abilities against other strikers who have weak clinch games.

TO THE MAT

Dos Santos isn't helpless on the ground by a long shot. His ground grapple offense and defense are both above average, and his ground striking is formidable. Despite the fact that Dos Santos can fight successfully on the ground, he's still a much better fighter when he's on his feet.



Dos Santos has the tools to end the fights with ground and pound.

TAKING THE FIGHT TO JUNIOR

Fighters with superior standing kicks can also be successful if they can keep him at range.

If your fighter has good grappling and submission skills, clinch with Dos Santos as quickly as possible and throw him to the mat. You can also shoot for takedowns, but his takedown defense is better than his clinch grapple defense. However, his kicks also lack knockout power, so even if a takedown shoot is unsuccessful, you probably won't pay for it. Advance your position and look for the submission when he's down.

If your submissions lack finishing power, your gameplan should be similar, but try to finish off Dos Santos by advancing your position and punishing him with strikes. This is easier said than done, especially considering his cardio and strength, but it's a better strategy than standing and striking with him.

TODD DUFFEE

Todd Duffee entered the UFC with a perfect professional record. At UFC 102, he wasted no time in keeping the streak alive, defeating his opponent by knockout in seven seconds, the fastest recorded knockout in UFC history. Duffee intends to prove that his debut was no fluke, and that he belongs in the Heavyweight Division of the world's most prestigious mixed martial arts organization.

STATISTICS

AGE>	24
BIRTHDATE>	12/6/85
WEIGHT>	250 lbs.
HEIGHT>	6'3"
REACH>	78"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Evansville, IN

FIGHTING OUT OF
Las Vegas, NV

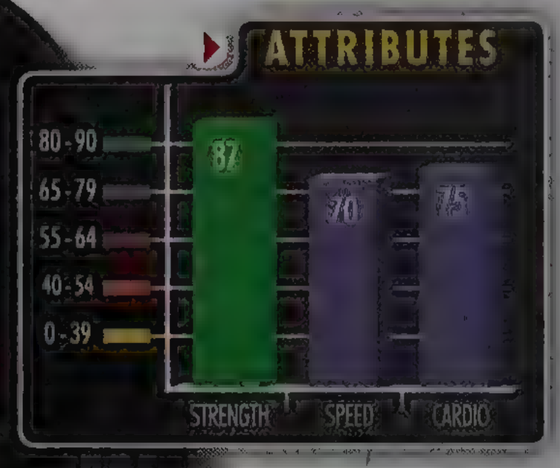
FIGHT CAMP
Xtreme Couture

TRAINER

RECORD

OVERALL>	6-0-0-0
UFC>	1-0-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Duffee's clinch throw puts him on top with side control, a great place to start his ground game.

Todd Duffee's primary offensive ability is his striking, amplified by his incredible natural strength. He's capable of knocking a standing opponent to the mat with a punch, but his true talent for finishing off his adversaries is his brutal ground and pound.

Defensively, Duffee has a real problem with ground grapple and submission defense, so if he winds up on the ground, his fights can go south in a hurry. His standing defense is marginally better, but he can avoid more than a bit of punishment in the clinch.

ON YOUR FEET

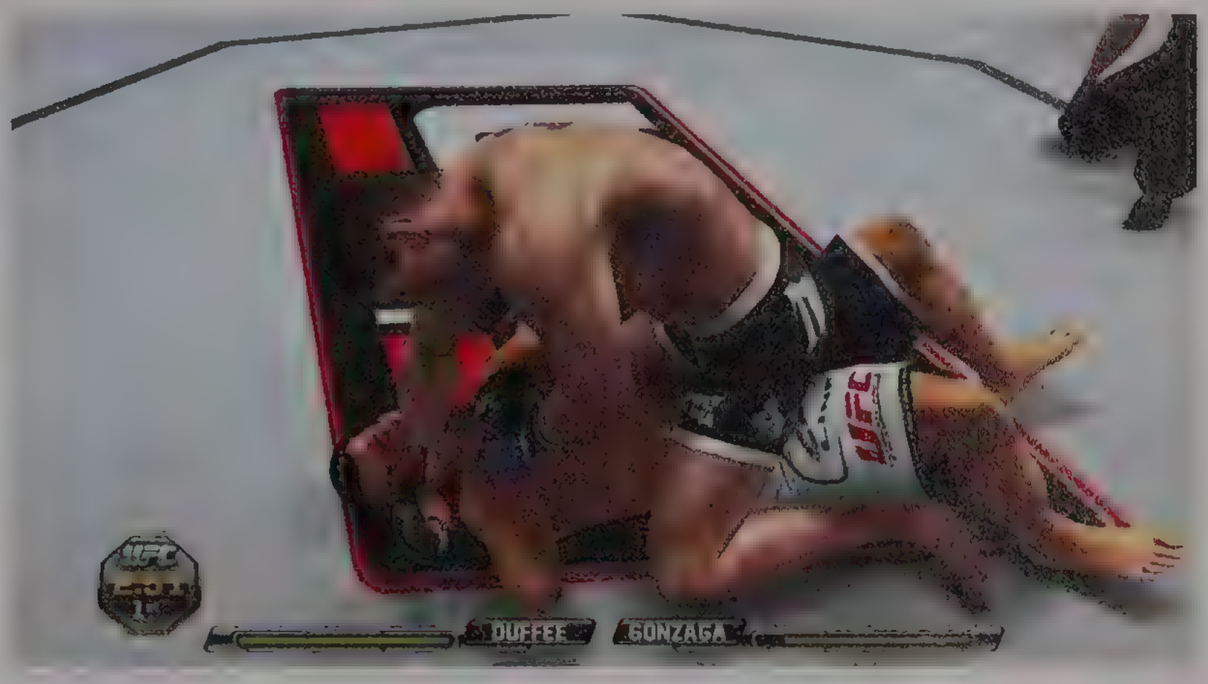
When the fight is going well, use kicks to weaken your opponent's legs and mix up your attacks, but keep looking for an opening to unleash a stiff strike to the head. Duffy is not an extremely quick fighter, so your timing must be spot-on. Keep in mind that Duffee has only average standing strike defense, so go to a clinch if you start taking damage.

Up close, go into a clinch or shoot for a takedown if there is trouble striking.

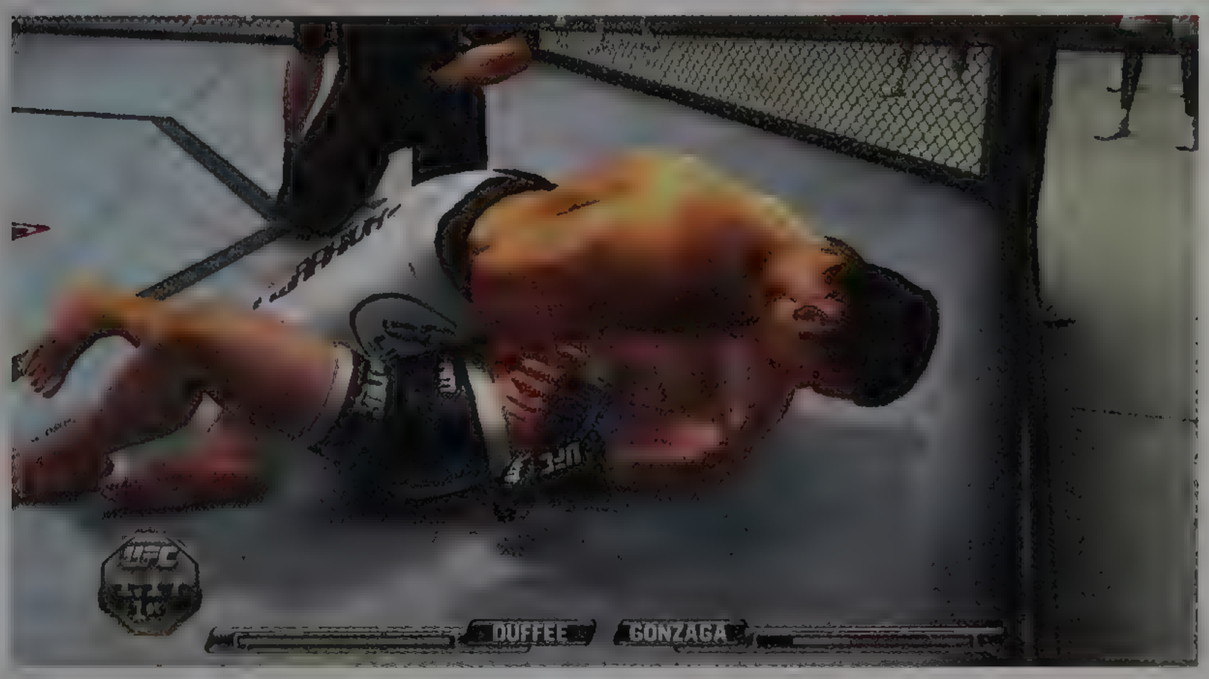
TO THE MAT

If you can advance your position to the point where you can unleash Duffee's frightening ground strike offense, there's a good chance that the fight is seconds from being over. However, Duffee's ground grapple skills are sub-par, so you must work in strikes from less advantaged positions in order to transition effectively.

Be patient when trying to transition. Posture up and unleash his ground and pound whenever possible. Reversals against your opponent's transitions are your best bet at advancing your position.



TAKING THE FIGHT TO DUFFEE



Submission artists will not have a hard time ending the fight if they can take Duffee to the ground

If you can get into a dominant position and lock in a submission, Duffee will have a difficult time escaping without having much of the fight taken out of him. Except in the clinch, his defense is average at best, so avoid his slow but heavy fists and pick him apart with your fighter's best techniques.

GABRIEL GONZAGA
"NAPAO"

Gabriel Gonzaga had a professional MMA record of 5-1 when he arrived in UFC in 2005, with his sole loss coming at the hands of Fabricio Werdum. He quickly established himself as a top contender with a string of four victories, the last of which was a shocking upset against Mirko Cro Cop. That victory earned Gonzaga a shot against UFC Heavyweight Champion Randy Couture at UFC 74, but Gonzaga was unable to defeat the Hall of Famer for the title.

UFC 80 saw Gonzaga handed another loss by Fabricio Werdum, but he rebounded with two consecutive first-round victories at UFC 86 and UFC 91 before suffering a first-round KO of his own at UFC 96, thanks to Shane Carwin. Gonzaga rebounded with a TKO victory at UFC 102 but was knocked out in the first round by Junior Dos Santos in March 2010.

STATISTICS

AGE> 31

BIRTHDATE> 5/18/79

WEIGHT> 255 lbs.

HEIGHT> 6'2"

REACH> 76"

STANCE> Orthodox

NATIONALITY>

HOMETOWN
Rio De Janeiro, Brazil

FIGHTING OUT OF
Curitiba, PR

FIGHT CAMP
Jacaré Luta

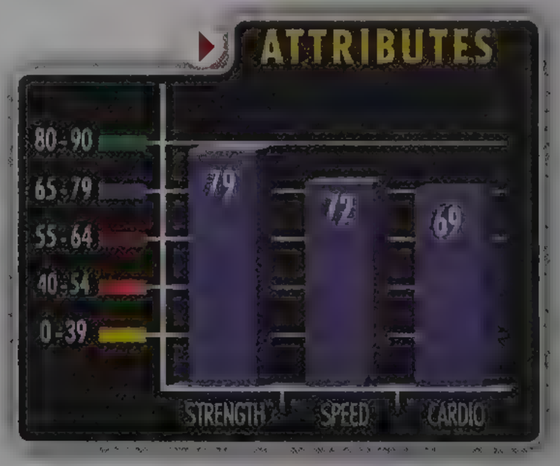
TRAINER
Marcio Alvim

RECORD

OVERALL> 11-4-0-0

UFC> 7-3-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

When playing as Gonzaga, keep the fight at a distance or go to the ground. Avoid the clinch game if at all possible.

Gonzaga's stiff kicks and strikes, coupled with his natural strength, make him a legitimate first-round knockout threat. That's a good thing, because his cardio leaves something to be desired. The longer a fight goes on, the worse his chances at victory become. Gonzaga is also an extremely skilled submission fighter, with good ground grapple offense and excellent submission skills.

Defensively, Gonzaga is weak in the clinch, though he can absorb a fair amount of punishment from a standing position. He's highly resistant to submissions, but an opponent who takes a dominant position can do some serious damage with ground strikes, potentially ending the fight in a hurry.

ON YOUR FEET

The strategy for fighting on your feet as Gonzaga is simple: look for openings to unleash strikes and kicks and don't get pulled into the clinch. Gonzaga's defense in the clinch is below average against strikes and grapples, so it doesn't take long for him to suffer critical damage and wind up thrown to the mat.

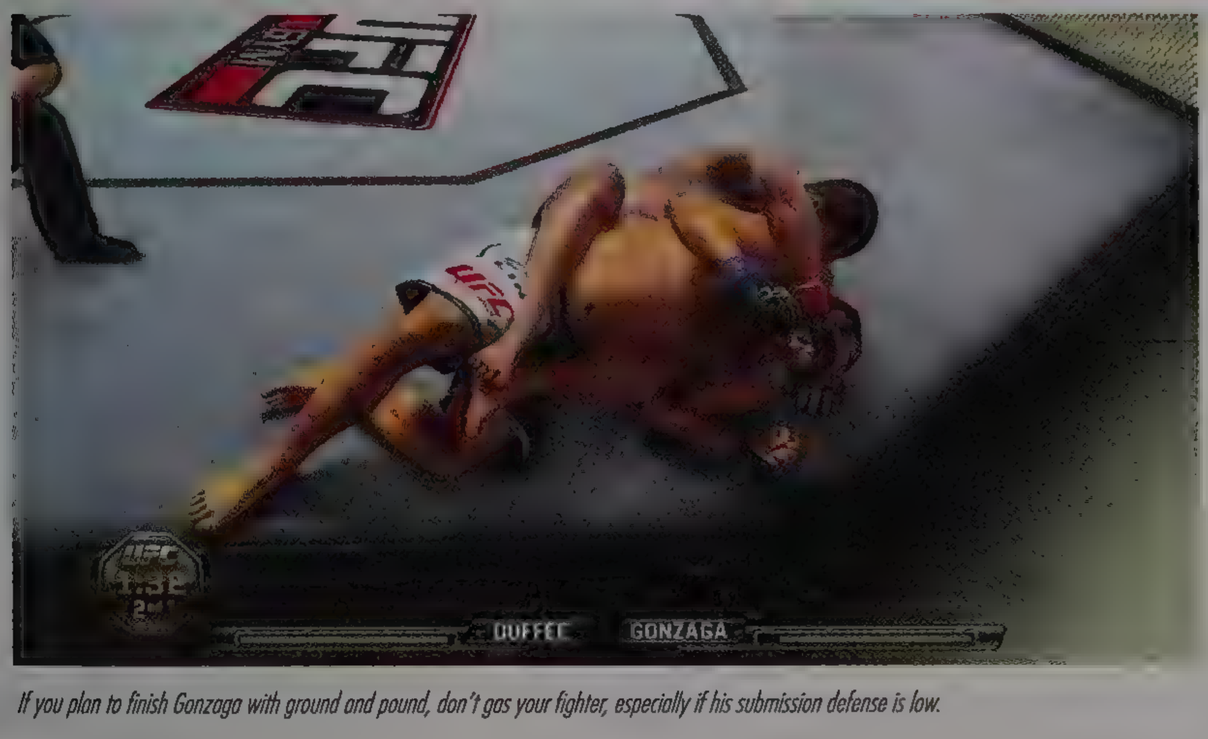
Your best bet is to keep the fight at long distance. This helps you avoid the clinch while forcing opponents to move towards you or use slower strikes, which are easier to reverse into takedowns.

TO THE MAT

Gonzaga doesn't have tremendous takedown offense, and his clinch grapple offense is even less impressive, so it's in your best interest to keep the fight standing. If you're on the ground, however, use Gonzaga's high ground grapple skills to establish a dominant position and lock in a submission; his submission offense is excellent, and his defense is even better. Gonzaga is extremely vulnerable to ground and pound, so do whatever it takes to prevent an opponent from taking an advantaged position. Gonzaga is usually at an advantage on the ground as long as opponents can't posture up or deliver damaging knees.

If opponents expend too much energy they are in danger of being submitted by Gonzaga.

TAKING THE FIGHT TO GONZAGA



If you plan to finish Gonzaga with ground and pound, don't gas your fighter, especially if his submission defense is low.

When standing with Gonzaga, try to get him into a clinch as quickly as possible. His defense against clinch grapples and strikes is quite low, so you have an opportunity to inflict a great deal of punishment (especially if you can use Muay Thai knee strikes against him) and throw him to the mat. Take advantage of his low speed to counter and reverse his deadly strikes, especially his kicks.

On the ground, always try to move into a mount and use ground strikes to finish him off. His submission defense is too high to finish him off with a submission unless you have truly elite skills or Gonzaga is completely gassed.

ANTONI HARDONK

Antoni Hardonk got off to a rough start in the UFC. After an impressive debut at UFC 65 that saw him win with a first-round KO, Hardonk suffered consecutive losses to Justin McCully and Frank Mir in 2007.

2008 was a different year, however. Hardonk won three fights in a row by TKO at UFC 80, UFC 85, and UFC 92. In 2009, he engaged in two exciting fights with Cheick Kongo (UFC 97) and Pat Barry (UFC 104).

STATISTICS

AGE	34
BIRTHDATE	2/5/76
WEIGHT	245 lbs.
HEIGHT	6'4"
REACH	78"
STANCE	Orthodox

NATIONALITY

HOMETOWN
Weesp, Holland

FIGHTING OUT OF
Los Angeles, CA

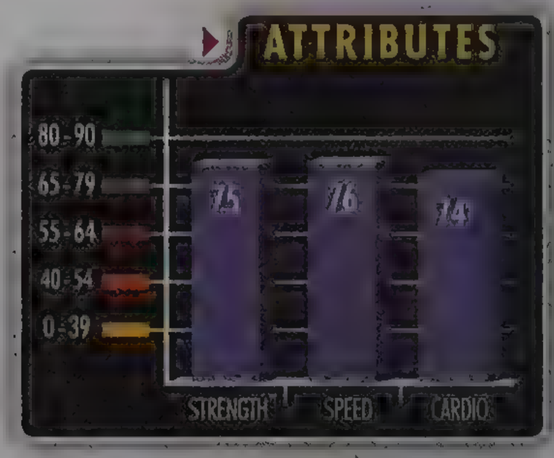
FIGHT CAMP
Vos Gym

TRAINER
Henry Akins

RECORD

OVERALL	8-6-0-0
UFC	4-4-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Hardonk's speed and standing kicks offense favor a standing fight at striking range, where he's able to defend himself against strikes and kicks and return fire with lethal kicks of his own. He's also a solid clinch striker, although his clinch grappling skills are only average. He also has respectable submission skills.

Defensively, Hardonk is solid against standing strikes and kicks and is a difficult KO to earn. However, he struggles against takedown attempts, ground grapples, and clinch grapples, so it's in his best interest to keep the fight standing as much as possible. Use Hardonk's strong kicks to control the range of the fight, and cover his weak takedown defense.

Work the legs to slow down opponents.

ON YOUR FEET

As long as the fight remains standing, Hardonk has a chance to rock or even KO opponents with a standing kick. All three of his attributes (strength, speed, and cardio) are slightly above average, which helps him to pick his spots and put some power behind his kicks, even late into matches.

Hardonk can also deal considerable striking damage from the clinch, but his clinch grapple defense is average at best, which puts him at risk of being thrown to the mat. His lackluster takedown defense also works against him when dealing with a grappling-focused fighter.

TO THE MAT

On the ground, Hardonk has solid submission offense and defense. That's the good news. The bad news is that his ground striking is average, and his ground grapple skills are only so-so. If you are facing a weakened or exhausted opponent, going for the submission is a good tactic. Otherwise, get back to your feet and get those kicks working.

The only time Hardonk wants to be on the ground is against a tired opponent with weak submission defense.

TAKING THE FIGHT TO HARDONK

Be patient and don't give Hardonk opportunities to get off the ground.

Hardonk is much weaker on the ground than he is on his feet, so that's where you need to take the fight. Fortunately, that's not extremely difficult to do, given his defensive deficiencies against takedowns and clinch grapples. Taking him to the ground also removes his most potent offensive weapon: his kicks.

Finishing off Hardonk with a submission can be tricky, given his solid submission defense, but if he's tired or hurt, you stand a chance. Advancing your position isn't all that difficult, considering Hardonk's modest ground grapple defense. If you have good ground striking skills, that's the best way to finish the fight.

HEATH HERRING

"THE TEXAS CRAZY HORSE"

After three years in the world of mixed martial arts, Heath Herring came to PRIDE, where he spent another four years proving himself against some of the greatest names in MMA, including Mirko Cro Cop and Minotauro Nogueira. His first official UFC fight ended in a loss to Jake O'Brien at UFC Fight Night 8, but he bounced back with a victory over Brad Imes at UFC 69 and a split decision victory over Cheick Kongo at UFC 82.

Herring suffered his third career loss to Minotauro Nogueira at UFC 73, and his match against Brock Lesnar at UFC 87 ended in defeat (and a broken orbital bone).

STATISTICS

AGE> 32

BIRTHDATE> 3/2/78

WEIGHT> 250 lbs.

HEIGHT> 6'4"

REACH> 78"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Waco, TX

FIGHTING OUT OF
Las Vegas, NV

FIGHT CAMP

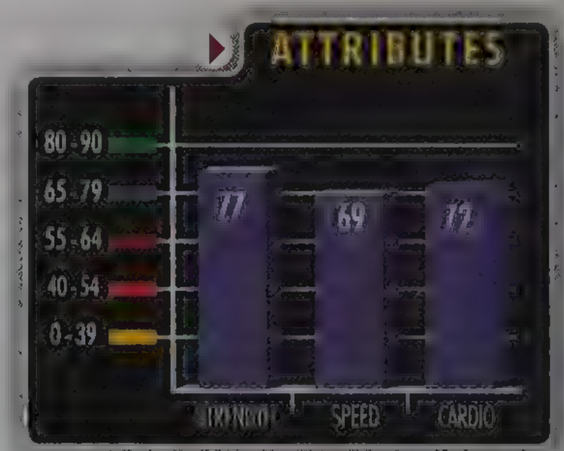
TRAINER

RECORD

OVERALL> 28-14-0-1

UFC> 2-3-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Heath Herring is a slow striker with heavy hands who has few outstanding strengths or glaring weaknesses. His preferred method of finishing opponents is his ground and pound strikes from an advantaged position, which he can set up with equal skill from a standing or grappled position (by shooting for the takedown or executing a throw). Herring's striking skill is not overwhelming, but his strength adds power to his punches and kicks.

Defensively, Herring is strongest against standing kicks and strikes, and he's capable of frustrating an opponent's ground game with his ground grapple defense. However, he's only moderately above average in these skills; and he's vulnerable in the clinch and on the ground against strikes and submissions. His takedown defense is practically non-existent. You must adapt to opponents' weaknesses to win a fight.

ON YOUR FEET

Herring can hold his own on his feet, though he's stronger defensively than offensively in standing positions. Try to take opponents to the mat and set up a ground and pound KO or TKO. Use clinch grapples or takedowns to take the fight there, depending on what your opponent is weaker against. Keep the fight standing against grapplers. Look for takedown or clinch throw opportunities against superior strikers.

TO THE MAT

On the ground, Herring has respectable ground grapple and ground striking skills, and his submission skills are average, so this is where Herring stands the best chance of finishing the fight (or scoring enough points to win the decision). Be aware of Herring's average cardio and don't push him to the point of exhaustion.

Save your energy so you can unleash your ground and pound when you are able to posture up and so you can prevent your opponents from escaping.

TAKING THE FIGHT TO HERRING

Herring's two greatest weaknesses are his lack of speed and cardio. Skill-wise, he's a well-rounded fighter except for his weakness against takedowns. How you fight Herring will depend on the strengths of your fighter. Take advantage of whichever skills you have that are superior to his.

With solid ground grapple offense and defense, he can handle himself on the ground, even if it wasn't his decision to take the fight there. Many fights with Herring will go to a decision, so plan accordingly. Score takedowns, advance your position as much as possible, then counter and reverse his attacks. Pepper him with solid hits when you're standing, and don't shy away from attempting submissions when you have the chance.

CHEICK KONGO

Cheick Kongo came to the UFC with a record of 17 wins and only two losses, with one draw, and the imposing Frenchman has continued to dominate his opponents in the world's premier mixed martial arts organization. Kongo's most impressive victory might have been the unanimous decision he scored over Mirko Cro Cop at UFC 75, which he followed up with a competitive loss via split decision to Heath Herring at UFC 82.

The narrow loss to Herring may have lit a fire under Kongo, as he followed it up with a pair of first-round TKOs at UFC 87 and 92 and a second-round TKO of Antoni Hardonk. After a pair of losses to Cain Velasquez and Frank Mir, Kongo scored an impressive submission victory via strikes over Paul Buentello in March 2010.

STATISTICS

AGE	35
BIRTHDATE	5/17/75
WEIGHT	230 lbs.
HEIGHT	6'4"
REACH	82"
STANCE	Orthodox

NATIONALITY

HAILS FROM
Paris, France

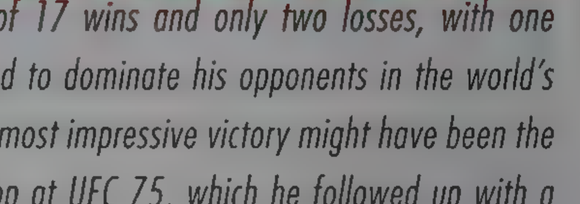
FIGHTING OUT OF
Paris, France

FIGHT CAMP
Wolfslair MMA Academy

TRAINER
—

RECORD

OVERALL	24-6-1-0
UFC	14-6-0-0



IN THE OCTAGON

Keep Kongo on his feet. Remain unpredictable with timing your strikes so your opponent can't score an easy takedown. Against other strikers, stay at the edge of his kick range as much as possible.

Those who dismiss Cheick Kongo as a one-dimensional fighter because of his strike-heavy style of fighting risk underrating just how dominant his striking offense can be. He is equally able to harness his tremendous natural strength to bring the pain to an opponent in standing, clinch, or ground situations. Because his kicks and strikes are equally lethal, he can use them to keep an opponent guessing where the next one will be coming from without sacrificing power for unpredictability.

Defensively, Kongo is strongest on his feet. He is particularly resistant to kicks, which enhances his strong takedown defense and helps him keep the fight standing, which is to his advantage. His ground defense is not nearly as formidable, but he is resistant to submissions.

ON YOUR FEET

The more time the fight remains standing, the better Kongo's odds of victory. Use a variety of punch and kick combos, varying the height of the strikes to weaken your opponent and make it difficult to predict where the next one will come from. Kongo is not particularly vulnerable to strikes in the clinch, but his clinch grapple defense is lower than his takedown defense, so be careful not to let opponents throw you to the mat from the clinch.

Kongo's kick have knockout power, and are fairly fast. Use them to keep opponents at probing range, where Kongo is strongest offensively and defensively.

TO THE MAT

If the fight goes to the mat, do whatever it takes to get it back to a standing position. Kongo has strong ground and pound offense, but he's also susceptible to it as well, and his ground grapple skills are less than stellar. Fortunately, he has relatively high submission defense, but when an opponent can advance his position at will and execute a stronger submission or ground and pound, that isn't much of an asset. If you are in an advantageous position, you can stand up and land a few strikes on your downed opponent.

If you get taken down, try to keep your opponent from posturing up while looking for reversal opportunities.

TAKING THE FIGHT TO KONGO

You can also catch Kongo's slower kicks and take him to the ground.

When fighting Kongo, look for ways to bring the fight to the ground. Most fighters can't stand and strike with him for long, so try to clinch with him and throw him down to the mat. Clinch throws are an effective method for taking the fight to the ground with Kongo. Remember, Kongo's clinch grapple defense is significantly worse than his takedown defense. Once you have him on the ground, transition to better positions and go for the victory by KO or submission.

BROCK LESNAR

Former NCAA Division I wrestling champion Brock Lesnar faced considerable skepticism from MMA purists when he announced his desire to enter the UFC, but he wasted no time proving that he was the real deal.

Lesnar followed an impressive but ultimately unsuccessful debut against former heavyweight champ Frank Mir with dominating victories over Heath Herring and Randy Couture. His UFC Heavyweight Championship rematch against Mir at UFC 100 erased any doubt that Brock Lesnar is the best heavyweight in the world.

STATISTICS

AGE>	32
BIRTHDATE>	7/12/77
WEIGHT>	265 lbs.
HEIGHT>	6'3.5"
REACH>	81"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Webster, SD

FIGHTING OUT OF
Minneapolis, MN

FIGHT CAMP
Minnesota Martial Arts Academy

TRAINER
Greg Nelson

RECORD

OVERALL>	4-1-0-0
UFC>	3-1-0-0

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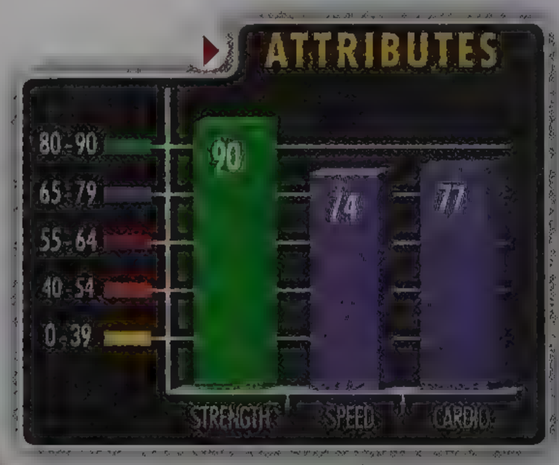


SKILLS

IN THE OCTAGON

Lesnar's wrestling skills also help to get his opponent to the ground. He can throw from several clinch positions to take opponents to the ground and gain side control, where he is just one transition or reversal away from full mount.

On offense, Brock Lesnar is an absolute beast. His overwhelming strength is something that most opponents simply cannot handle, and Lesnar is most effective when he is pushing the pace of the fight, not reacting to his opponent's moves. However, his cardio is only slightly above average, so you must be careful not to get gassed by launching repeated reckless attacks. Pick your spots carefully and make them count.

Defensively, Lesnar is strongest on the ground and in grappling situations, thanks to his amateur wrestling background and tremendous strength. He's less solid against standing strikes and kicks, so it's in Lesnar's best interest to take the fight to the ground as soon as possible.

ON YOUR FEET

With Lesnar's brute strength, he's capable of holding his own in a boxing match against some of UFC's elite strikers. However, if you simply stand and trade shots with your opponent, you're ignoring the most powerful weapons in Lesnar's arsenal. Use Lesnar's strikes to soften up an opponent and keep him off-balance but always look to shoot for the takedown or clinch and throw your opponent to the mat.

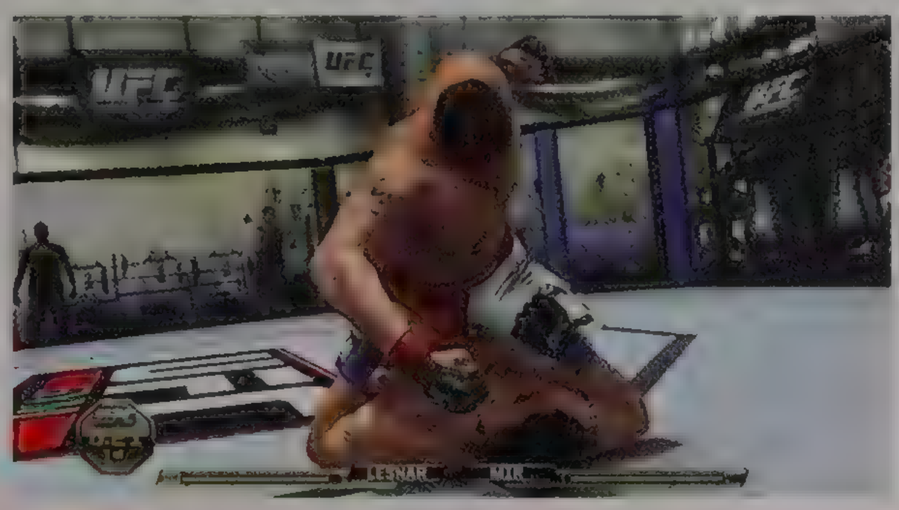
Use strikes to lull opponents into trading punches and kicks. Wait for a slow or predictable strike, then shoot in for an easy takedown.

TO THE MAT

Not only is Lesnar one of the strongest fighters in UFC, he also has high takedown offense and clinch grapple offense. With his combination of skill and raw physical strength, he can put just about any opponent on his back at almost any time.

Lesnar is in his element when he's on the mat, and this is where you should try to take every fight as soon as possible. His average ground grapple offense limits his ability to transition effectively, so mix up strikes to make it harder for an opponent to anticipate the transitions. Lesnar's ground and pound is absolutely lethal, and few opponents can withstand his piledriver-like shots to the head when he has full mount.

Posture up whenever you can. Lesnar raining down blows on a grounded fighter is enough to make any opponent try to escape. That's your opportunity for a reversal into an even more advantageous position.



TAKING THE FIGHT TO LESNAR

If you're both on the mat and Lesnar lets his stamina drop too low while your own stamina is high, go for a submission.

If you're facing Lesnar in the Octagon, your first priority is to make sure that your insurance is paid up. Next, try to keep the fight standing as much as possible. Although Lesnar is strong, his standing strikes and kicks are among his weakest offensive tools. Do not try to compete with Lesnar on the ground. His physical strength and dominating wrestling skills can overcome practically any opponent's ground defense.

If you have extremely strong submission skills, weaken his legs with kicks while standing, then attempt a leg submission to finish him in the same way that Frank Mir did in their first encounter. Don't get cocky—remember what happened to Mir when they met for the second time!

JUSTIN McCULLY

"THE INSANE 1"

Justin McCully paid his dues for ten years on the independent circuit and earned his spot by accumulating a record of seven wins, two losses and a pair of draws. He's maintained an even record in his UFC career, with decision victories over Antoni Hardonk and Eddie Sanchez and a pair of losses, including a first round submission to Gabriel Gonzaga's Americana at UFC 86.

STATISTICS

AGE> 34

BIRTHDATE> 2/18/76

WEIGHT> 245 lbs.

HEIGHT> 6'2"

REACH> 73"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Washington DC

FIGHTING OUT OF
Las Vegas, NV

FIGHT CAMP

TRAINER

RECORD

OVERALL> 10-5-2-0

UFC> 2-2-0-0

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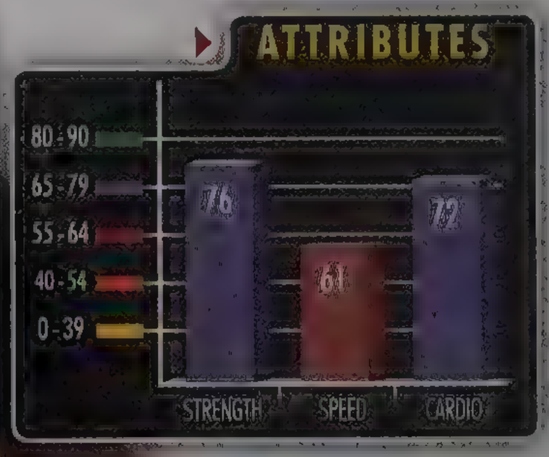

SKILLS

IN THE OCTAGON

Clinch striking and ground striking are McCully's best offensive tools.

Justin McCully has a number of above-average offensive skills, including takedowns, clinch striking and ground grappling. His best chance to finish off opponents comes on the ground, via strikes or submissions. However, he's also an extremely slow fighter, so pick your spots carefully or you may find many attacks countered.

Defensively, McCully has several weak spots. He doesn't defend well against kicks, which compromises his already so-so takedown defense. He's also vulnerable to submissions, and a skilled grappler can advance his position without much difficulty when facing McCully on the ground. However, he has good standing strike and clinch strike defense, so keep the fight standing if you're in trouble.

ON YOUR FEET

While standing, use McCully's fairly skilled strikes backed by respectable strength to inflict damage on his opponents, but he neither uses nor defends against kicks well. His clinch strikes offense and defense are solid, but he can be taken down fairly easily from a clinch grapple or a standing takedown.

When you are on your feet, fight at close range. This allows you to clinch if you are in trouble and also neutralize a majority of kicks.

TO THE MAT

As long as McCully can remain on offense, the ground is the best place for him to be. Although his ground grapple offense, submission offense, and ground striking offense aren't off the charts, he has decent skill in each, so look to finish off opponents using whichever method they're weakest against.

When McCully is on defense, however, he is vulnerable to the exact same techniques, so either return the fight to a standing position or reverse a transition and take the dominant position. If you end up on your back, grab the opponent's head, keep him from posturing up, and wait for a reversal opportunity or the ref to stand the fighters.

TAKING THE FIGHT TO MCCULLY

McCully is particularly vulnerable on the ground and has a hard time keeping the fight standing.

McCully is strongest against standing strikes and clinch strikes, but his defense isn't so solid that a skilled and strong striker can't overcome it. He is also vulnerable to ground striking and submissions. This gives you the freedom to go after McCully with your fighter's strongest techniques. Tailor your offense to your strength, capitalize on McCully's lack of speed, and you should be fine.

FRANK MIR

Just three years into his professional MMA career, Mir defeated Tim Sylvia for the vacant UFC Heavyweight Championship by submission. Not three months after winning the title, Mir was forced to vacate it after suffering a catastrophic leg injury in a motorcycle accident.

Although it was feared that he would never fight again, Mir capped off his UFC comeback by defeating "Minotauro" Nogueira via TKO in the second round of their match at UFC 92, which awarded him the UFC Interim Heavyweight Championship. He came up short in his bid to unseat the UFC Heavyweight Champion, Brock Lesnar, at UFC 100, but followed up the match with a first-round submission victory over Cheick Kongo at UFC 107.

STATISTICS

AGE> 30

BIRTHDATE> 5/24/79

WEIGHT> 264 lbs.

HEIGHT> 6'3"

REACH> 76.5"

STANCE> Southpaw and Switch

NATIONALITY

HOMETOWN
Las Vegas, NV

FIGHTING OUT OF
Las Vegas, NV

FIGHT CAMP
—

TRAINER
Robert Drysdale

RECORD

OVERALL> 13-4-0-0

UFC> 13-4-0-0

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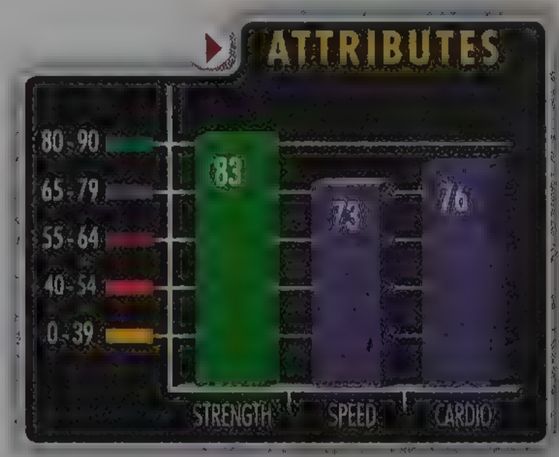

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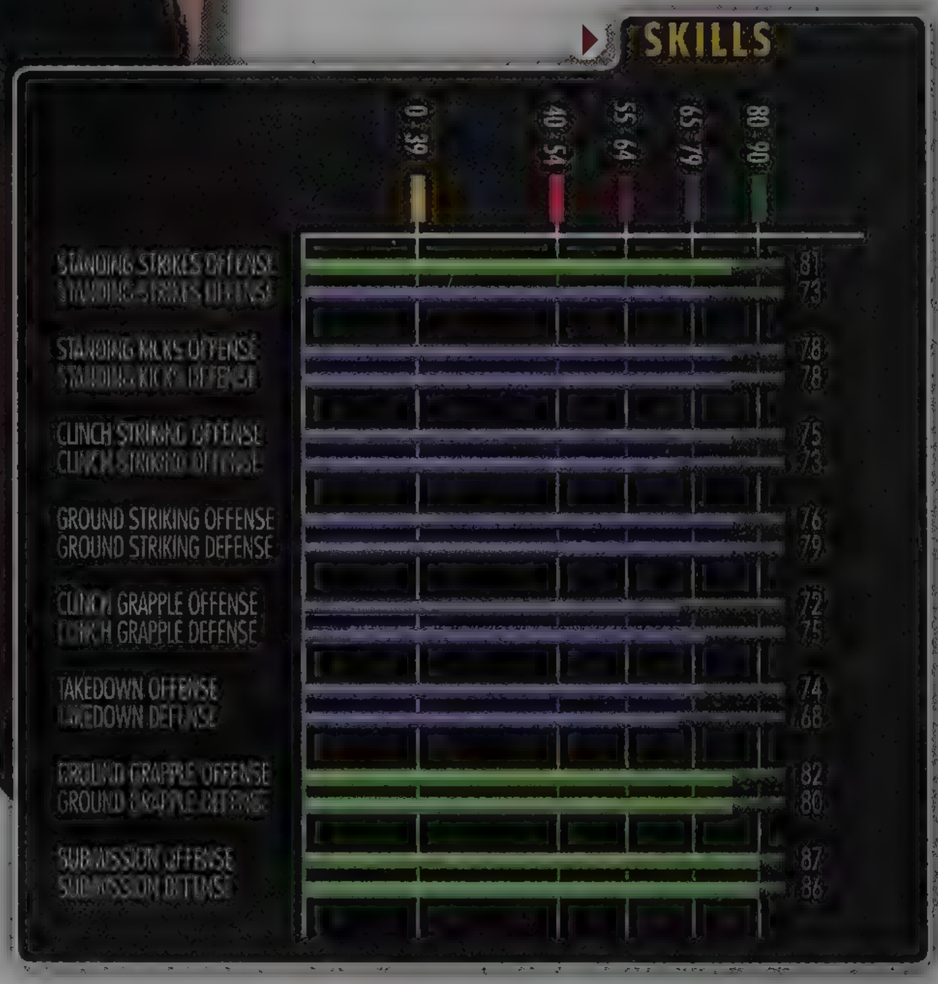
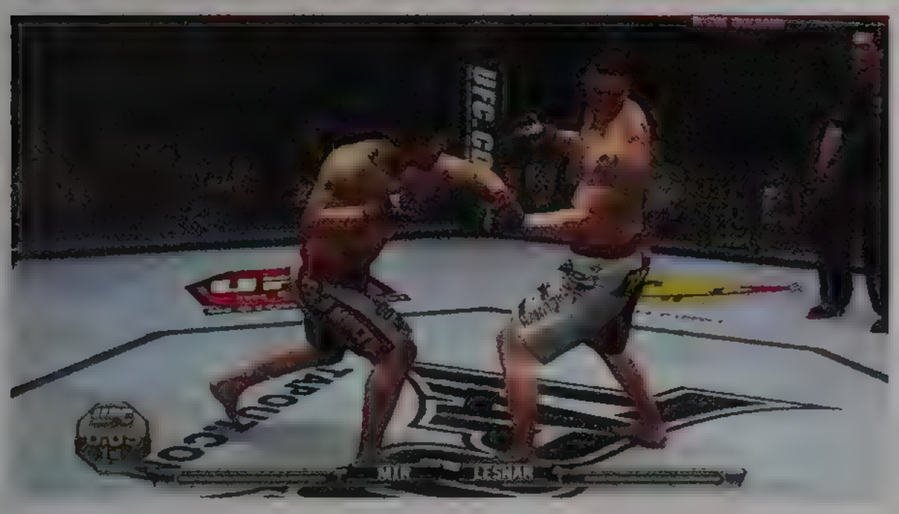


IN THE OCTAGON



Although Mir is a stronger fighter on the ground, he's no slouch when standing with opponents. His formidable natural strength increases the power of his strikes and submissions, and his standing strike, ground grapple, and submission offense are all formidable tools.

Defensively, Mir is comfortable on the ground, which is good, since his takedown defense is his most glaring weakness. He is difficult to tap out, and only a powerhouse like Brock Lesnar or Shane Carwin stands a realistic chance of knocking him out while standing or on the ground.

Use Frank Mir's well rounded skills to fight where your opponent is weakest.

ON YOUR FEET

Mir's kicks are nearly as deadly as his punches, so work all levels of your opponent—low, mid and high—to weaken him and make it difficult to predict where your next strike is aimed. Defensively, Mir is equally adept when standing or clinching, although his offensive abilities are stronger when he's not in the clinch.

If you have an advantage in striking and kicking over an opponent, fighting on your feet is an excellent way to get your opponent fatigued enough to go for a submission.

TO THE MAT

Mir's low takedown defense makes him a prime target for fighters who like to shoot for the takedown. Fortunately, Mir's ground grapple skills are impressive and can help him transition defensively to advantageous positions while resisting his opponent's attempts to advance his own position.

When it comes to finishing off opponents, Mir's best weapon is to advance his ground position and lock in a submission on a fatigued foe. Mir has some of the most impressive submission skills in the UFC, and his natural strength only enhances his technical prowess.

Whenever you have a huge advantage in stamina or your opponent is gassed, go for a submission if possible.

TAKING THE FIGHT TO MIR

Although Mir is strong, he's not extremely fast. A quick, powerful striker who can keep the fight standing can land stiff shots to Mir's head that can rock him or even knock him out cold.

Mir can resist the ground and pound better than standing strikes, and his ground grapple skills give him an excellent chance of transitioning defensively, so unless you have elite ground game, keep fighting on your feet. This also makes it impossible for Mir to use his deadly submission skills against you.

If you have a strong clinch game, Mir is not as threatening here as he is at striking distance or on the ground. Just don't let him pull you to into his guard on the ground.

MINOTAURO NOGUEIRA

Minotauro Nogueria is a 10-year veteran of mixed martial arts, and the list of fighters he's defeated reads like a who's who of MMA legends. Tim Sylvia, Dan Henderson, Mark Coleman, Mirko Cro Cop, and Heath Herring are among the many elite fighters who have succumbed to Nogueira's Brazilian Jiu-Jitsu. He spent six years in PRIDE, where he became the first PRIDE Heavyweight Champion, a title he held for nearly a year and a half. His first UFC appearance was at UFC 73, where he defeated Heath Herring by unanimous decision.

In his next fight, Nogueira earned a submission victory over Tim Sylvia at UFC 81, becoming the UFC Interim Heavyweight Championship and the first fighter to hold both the PRIDE and UFC Heavyweight Championships. Although he lost the interim title to Frank Mir at UFC 92, he defeated UFC Hall of Famer Randy Couture in a 2009 Fight of the Year candidate at UFC 102 before suffering a first-round knockout loss to Cain Velasquez at UFC 110.

STATISTICS

AGE> 33

BIRTHDATE> 6/2/76

WEIGHT> 240 lbs.

HEIGHT> 6'3"

REACH> 77"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Bonito, Brazil

FIGHTING OUT OF
Rio De Janeiro, Brazil

FIGHT CAMP
Team Blackhouse

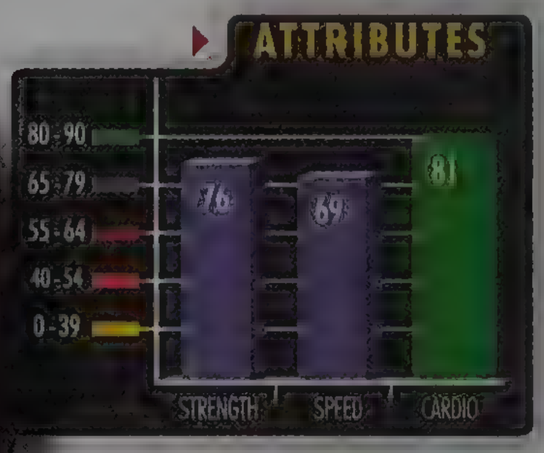
TRAINER

RECORD

OVERALL> 32-6-1-1

UFC> 3-2-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

As long as the fight is on the ground, Nogueira's opponent is never completely safe.

Minotauro Nogueira's extremely high cardio and formidable strength augment his skilled ground grapple and submission offense, making him one of the most feared submission artists in UFC history. He also packs some power behind his standing strikes and has solid takedown skill.

On the ground, Nogueira is nearly invincible. He is almost impossible to submit, and his ground grapple and ground striking defense is among the best in the UFC. He's vulnerable to takedowns and clinch grapples, but considering his elite ground grapple skill, he's rarely in a disadvantaged position for long.

ON YOUR FEET

Nogueira packs a punch, but his standing strike and kick defense is only average, so the standing position is not where he excels. If you are in trouble, get into a clinch, where his strike defense is much stronger. Look for the takedown to bring the fight to the ground, where Nogueira is in his element.

Look for predictable punches and kicks to catch or score an easy takedown. You can also clinch throw if the opponent has weak clinch grappling defense.

TO THE MAT

Nogueira's ground game revolves around his incredible submission skill, and his high cardio allows him to push the pace and force opponents to tire out well before Nogueira does. You should be able to advance your position without much difficulty as long as you execute well-timed transitions. If you find yourself on defense, don't panic—Nogueira's ground striking and submission defense should keep opponents from finishing the fight if you have anything left in the tank at all.

Any time an opponent expends too much of their energy on the ground, they are vulnerable to a submission from Nogueira.

TAKING THE FIGHT TO NOGUEIRA

Strong standing strikes and kicks are the order of the day against Nogueira.

When fighting Minotauro Nogueira, your best chance for victory is to keep the fight standing and go after him with strikes and kicks. He's defensively strong in the clinch, and his ground game is spectacular, so do everything you can to avoid letting him fight his fight.

Most importantly, finish the fight quickly. Nogueira's cardio is likely to be higher than yours, so the longer the fight continues, the better the odds favor Nogueira.

EDDIE SANCHEZ

"THE MANIC HISPANIC"

Eddie Sanchez came to the UFC in 2006 with an undefeated record, but the step up in competition has resulted in significantly greater challenges for the talented young heavyweight. After a decisive KO victory in his first fight at UFC 63, he suffered a TKO loss to Mirko Cro Cop at UFC 67.

Two more TKO victories at UFC 72 and UFC 79 in 2007 were balanced by a pair of losses to Antoni Hardonk and Justin McCully in 2008. However, Sanchez expects to be back in the UFC heavyweight mix in no time.

STATISTICS

AGE> 27

BIRTHDATE> 11/4/82

WEIGHT> 240 lbs.

HEIGHT> 6'2"

REACH> 78.5"

STANCE> Orthodox

NATIONALITY

HOMETOWN
La Jolla, CA

FIGHTING OUT OF
Temecula, CA

FIGHT CAMP
North County Fight Club

TRAINER

RECORD

OVERALL> 11-3-0-0

UFC> 3-3-0-0

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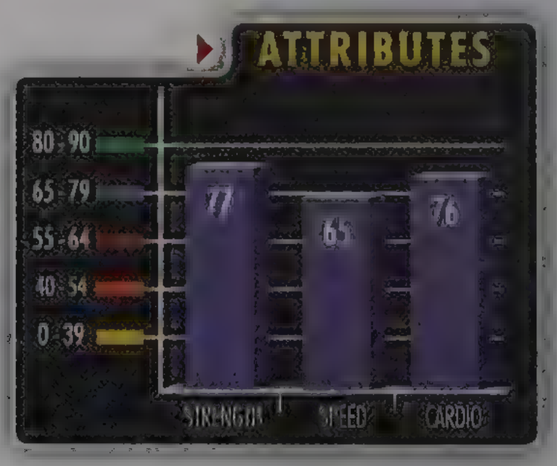
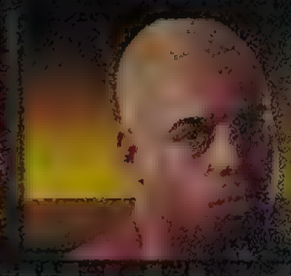


SKILLS



IN THE OCTAGON

Eddie Sanchez' greatest offensive skills are in the clinch and on the ground, where his strikes are capable of finishing off weakened opponents. His strength and cardio are both respectable, although he's lacking in the speed department. He also has good clinch grapple offense, which he can use to put opponents on the mat if the standing fight is not going his way.

Defensively, Sanchez is generally below average when it comes to UFC heavyweights. His takedown defense is moderately good, and he can absorb a great deal of striking punishment in the clinch, but he's extremely vulnerable to standing strikes and kicks, and to submissions.

ON YOUR FEET

Eddie Sanchez should not remain in the standing position and strike with an opponent. His strike and kick defense is too low to hang with even a moderately talented striker for long. He's a fearsome striker in the clinch, however, and his defense is much higher in this position, so this is where you should try to bring the pain when you're not on the ground.

Sanchez dominates in the clinch; don't let opponents get away from you.

TO THE MAT

Sanchez is not much of a ground grappler. His offensive skills are almost non-existent, and his defense is only marginally better. He's also quite vulnerable to ground strikes and submissions, but his ground striking offense is solid enough that it's worth the gamble as a last resort. Generally speaking, though, you should keep the fight standing and avoid the ground game as much as possible.

If plan to use ground and pound, keep your stamina high, your strikes unpredictable, and be quick to reverse any transitions.

TAKING THE FIGHT TO SANCHEZ

Stay at long range while standing or keep the fight on the ground.

Sanchez is universally unimpressive on defense, so you have your choice of how to press your attack. You can whittle him down and knock him out with standing strikes and kicks, or you can take him down and mount him for some ground-and-pound or you can transition into an advantaged position and lock in a submission to make him tap. The only situation that you want to avoid is the clinch, where his strikes are strong and his defense is high.

DAN SEVERN
"THE BEAST"

Dan Severn was one of the UFC's first bona fide superstars. He won the tournament at UFC 5, the Superfight title at UFC 9, and he owns a staggering 93-16-7-0 record in professional MMA. Severn was the third man inducted into the UFC Hall of Fame, in April 2005 at UFC 52.

Severn earned his nickname by being one of the most dominant ground and pound fighters of his time and one of the first true world-class wrestlers to compete in MMA. If "The Beast" wanted an opponent on the ground, that's where he'd wind up, and what happened once he got there was rarely pretty.

STATISTICS

AGE>	51
BIRTHDATE>	6/8/58
WEIGHT>	250 lbs.
HEIGHT>	6'2"
REACH>	—
STANCE>	Southpaw

NATIONALITY

HOMETOWN
Flint, MI

FIGHTING OUT OF
Coldwater, MI

FIGHT CAMP
Dan Severn Training Center

TRAINER
—

RECORD

OVERALL>	91-16-7-0
UFC>	6-4-0-0

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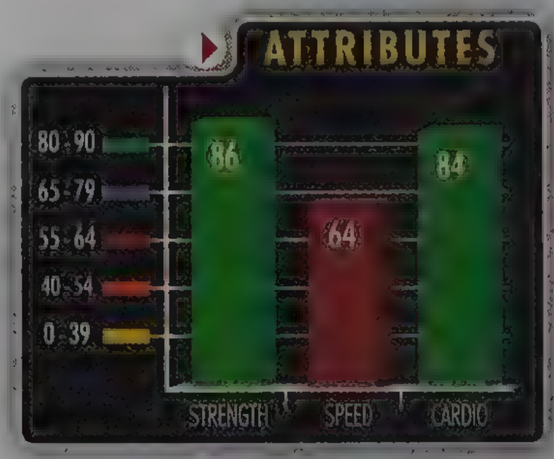

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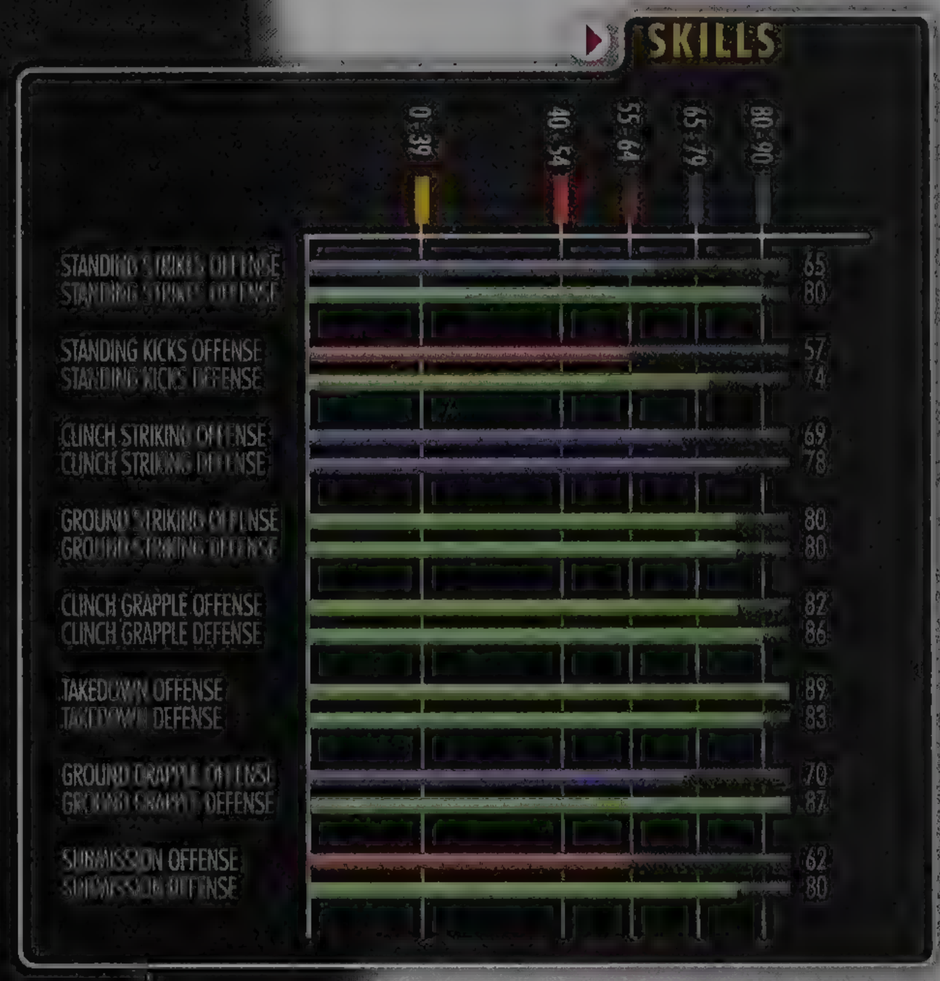


PLAYSTATION 3 EXCLUSIVE

Dan Severn is initially available exclusively to the PlayStation 3 version of UFC 2010 Undisputed.

IN THE OCTAGON

Severn has an absolutely devastating ground game and most opponents will not be able to stop him from taking it there.

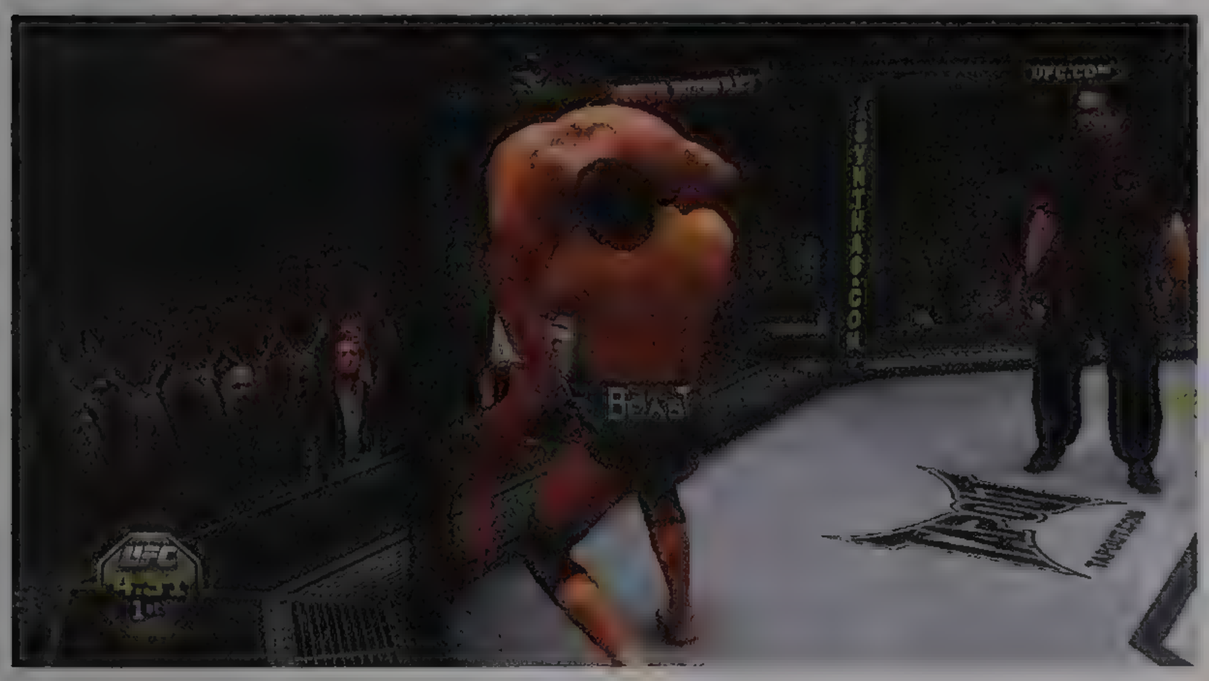
Dan Severn isn't the quickest fighter in UFC history, but his strength and cardio are on par with legends in the making, like Brock Lesnar. He has virtually irresistible takedown offense, with extremely stiff ground striking to back it up.

Defensively, Severn is all but unbeatable on the ground, and he's not much easier to take on in the clinch or a standing position either. His biggest liability is his lack of speed, but he's still a difficult opponent to finish.

ON YOUR FEET

Severn has great standing and clinch defense, but his offense isn't impressive, especially coupled with his lack of speed. Fortunately, with his nearly superhuman strength and takedown offense, the fight doesn't need to stay standing for long.

Don't waste your time with striking unless your opponent leaves a huge opening. Instead, use Severn's excellent standing defenses to close with impunity and take your opponent to the ground.



TO THE MAT

You should always look to bring the fight to the ground as quickly as possible when fighting as Severn. That's where all his best offensive techniques are, and his tremendous cardio lets him stay busy and work opponents to exhaustion. His ground grapple offense is only average, but his defense is impeccable, so even if he's having trouble transitioning, it's a virtual guarantee that his opponent will as well.

Severn's ground and pound skills put the pressure on opponents to look to escape. His high grapple defense makes it difficult to escape, and gives Severn plenty of opportunities to reverse an escape attempt and improve his own position.

TAKING THE FIGHT TO SEVERN

Maintain a safe distance from Severn so you have time to react to his attempts to shoot or clinch.

It's not easy to stay standing with Dan Severn, but that's your best chance of victory when facing him. Take advantage of his lack of speed to counter and reverse his takedown attempts, or catch him with a kick or a knee when he shoots in. Most of all, keep in mind that he's likely to outlast you stamina-wise, so don't let yourself get gassed in the early going.

KIMBO SLICE

Kimbo Slice came to the UFC via the 10th season of The Ultimate Fighter and while he lost his first match, that turned out to be the beginning of his UFC career, not the end of it.

At the Ultimate Fighter Finale, Kimbo rebounded with an impressive unanimous decision in his first official UFC fight against Houston Alexander. If Kimbo can channel the energy of the brawling style that made him famous while executing a technical MMA game plan, he will prove that he will be a force to be reckoned with in the UFC Heavyweight Division.

STATISTICS

AGE>	36
BIRTHDATE>	2/8/74
WEIGHT>	235 lbs.
HEIGHT>	6'2"
REACH>	77"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Nassau, Bahamas

FIGHTING OUT OF
Miami, FL

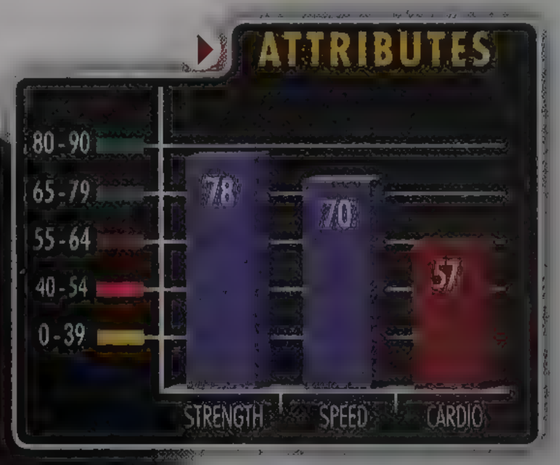
FIGHT CAMP
American Top Team

TRAINER
Ricardo Liborio

RECORD

OVERALL>	4-1-0-0
UFC>	1-0-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Kimbo must stay on the offensive to win. His defense is suspect and becomes less effective as the fight goes on.

With incredible upper body strength and natural striking technique, Kimbo Slice is a deadly and efficient puncher, whether on his feet or on the ground. He's also capable of shooting for the takedown at will against opponents who don't have elite takedown defense.

Defensively, Kimbo has many vulnerabilities. His extremely low cardio prevents him from lasting through a fight if he doesn't conserve his strength and pick his spots. He's also dangerously vulnerable to submissions, ground grappling, and standing kicks and strikes.

ON YOUR FEET

When Kimbo is on his feet, you should be looking to land solid strikes and not bothering with Kimbo's weak kicks. Kimbo has an unfortunate combination of low cardio and poor standing defense, so you must control the fight and keep opponents on the defensive without exhausting Kimbo. Don't assume that the fight will go to a decision, and come out swinging.

Kimbo cannot afford to attack recklessly, so be precise with his striking. Luckily, his strength makes his strikes count.

TO THE MAT

Kimbo's ground grapple offense and defense are below average, and he's vulnerable to submissions, so the ground is not the place you want to be. His ground striking is quite powerful, but you need to transition effectively to unlock its full potential. Given Kimbo's poor ground grapple offense and low cardio, that's easier said than done. Your best bet on the ground is to strike sparingly until you can posture up.

Wait for transition reversal opportunities as Kimbo will have a difficult time passing guards.

TAKING THE FIGHT TO SLICE

Start your fight against Kimbo by making him work hard for the first round. He tires quickly, so if you can counter, block or avoid his heavy hands, he'll wind up gassed quickly. Just keep in mind that any strike could send you to the mat if you're careless.

Once Kimbo starts to tire, you have your choice of how to pick him apart. Use the strategies that favor your fighter. Standing strikes and submissions are the two best ways to drop Kimbo, although solid ground strikes can finish the fight as well.

Putting Kimbo to the ground and either striking or submitting him are your best options, transition only when he does not expect it as reversals are his only effective way to escape.

STEFAN STRUVE
"SKYSCRAPER"

Stefan Struve's first professional fight came when he was just 17 years old. He won by submission, the first of many wins on the independent MMA circuit.

His first UFC fight was a rude awakening for the young Dutchman, though—Junior dos Santos defeated him by TKO less than a minute into the first round of their fight at UFC 95. However, Struve racked up three more victories in 2009 before suffering a knockout loss in his first fight of 2010. At only 22 years of age, Struve has plenty of time to grow as a fighter and establish himself as a UFC heavyweight.

STATISTICS

AGE> 22

BIRTHDATE> 2/18/88

WEIGHT> 238 lbs.

HEIGHT> 6'11"

REACH> 83"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Beverwijk, North Holland
Netherlands

FIGHTING OUT OF
Beverwijk, the Netherlands

FIGHT CAMP
Team Schriber

TRAINER
Bob Schriber

RECORD

OVERALL> 23-3-0-0

UFC> 3-1-0-0

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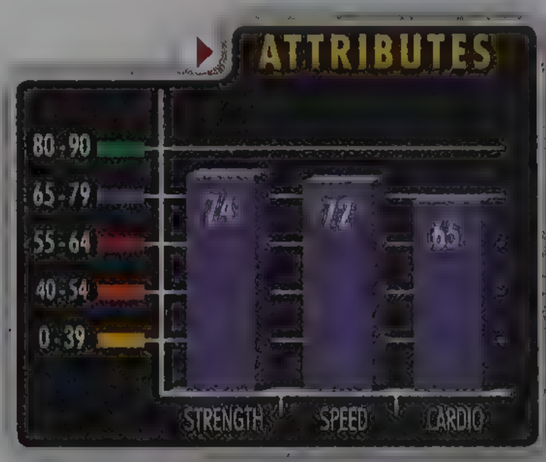


SKILLS

IN THE OCTAGON

Use kicks to keep opponents at bay and frustrate them. When they get careless, look for a chance to take them to the ground and work on finishing the fight with a submission.

Stefan Struve's two most potent offensive weapons are his standing kicks—which pack plenty of KO power—and his submissions. He's also an elite ground grappler, able to transition effectively against most opponents.

Struve can resist his opponent's transitions and submissions wile on the ground, although he is vulnerable to a strong ground and pound offense. He has a hard time resisting takedowns, but with his stellar ground grappling ability, he can counter and reverse transitions with ease, quickly going from defensive positions to offensive ones. He is vulnerable to clinch strikes, though, so keep that in mind, especially when facing opponents trained in Muay Thai.

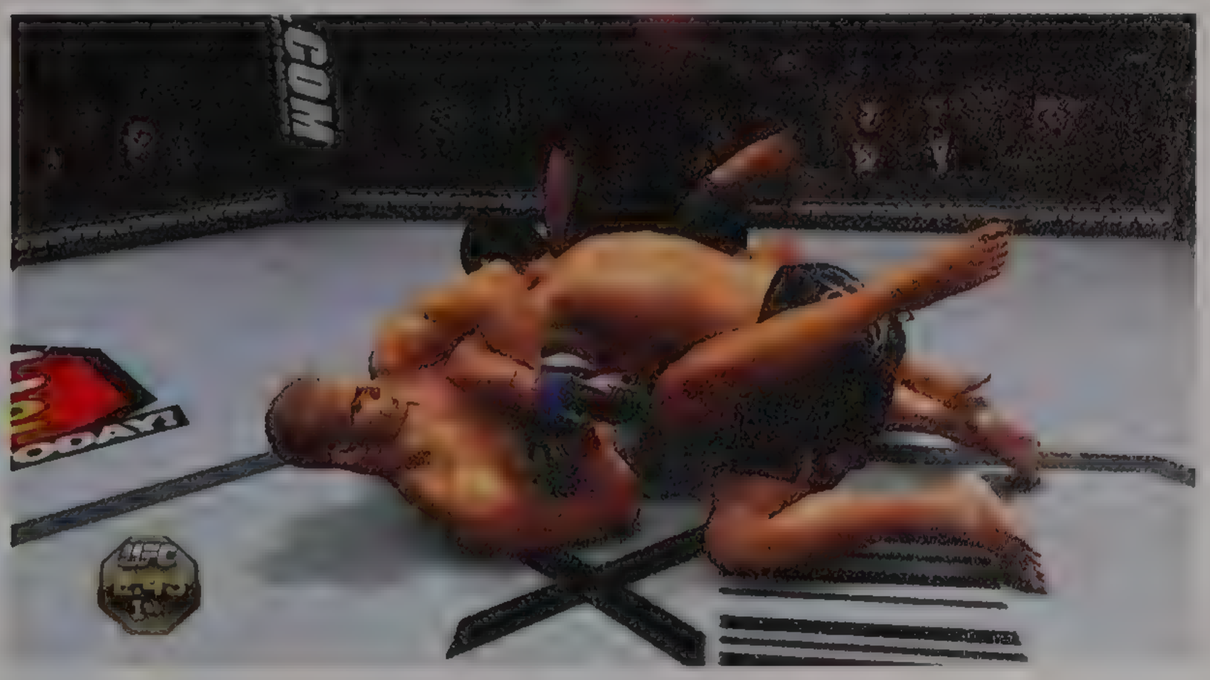
ON YOUR FEET

When both fighters are standing, look for opportunities to use Struve's kicks to destabilize his opponent's vertical base and inflict severe damage. His punches are also solid, but they're not nearly as powerful as his kicks. Struve's kicks also make for excellent takedown counters, if you can time them precisely. Struve is offensively strong but defensively weak in the clinch.

Use kicks to soften up opponents, and focus on legs as Struve's takedown offense and defense are lacking.

TO THE MAT

On the ground, use Struve's outstanding ground grapple offense to transition at will and set up opponents for his joint-stretching submissions. Few opponents who have been properly softened up will be able to resist tapping out to them. Don't stay in the defensive position for long on the ground, though—Struve may be able to resist ground grapples and submissions, but he's less formidable against ground strikes.



Watch your opponent's fatigue levels. If he expends too much energy he will become vulnerable to submissions.

TAKING THE FIGHT TO STRUVE

Struve is weakest in the clinch. If you have solid clinch striking offense, this should be your go-to technique to wear him down. It also prevents him from using any of his strongest offensive techniques.

You can take Struve to the mat relatively easily (provided that he doesn't nail you with a kick when you shoot in), but staying on top of him once you have him there is the tricky part. He's capable of reversing your transitions and taking the dominant position, but if you can stay on offense and unleash effective ground strikes, you'll do a great deal of damage in a short amount of time.

CAIN VELASQUEZ

In his two-year UFC career, Cain Velasquez owns a perfect record of six wins and zero losses, with five of his victories coming by TKO or knockout. Only Cheick Kongo has taken him further than the second round, and Velasquez won their fight by unanimous decision.

With his decision victory over Kongo at UFC 99 and his shocking first-round knockout of the legendary Minotauro Nogueira at UFC 110, there's no question that Velasquez has established himself as one of the premier knockout artists in the UFC Heavyweight Division.

STATISTICS

AGE>	27
BIRTHDATE>	7/28/82
WEIGHT>	240 lbs.
HEIGHT>	6'1"
REACH>	77"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Salinas, CA

FIGHTING OUT OF
San Jose, CA

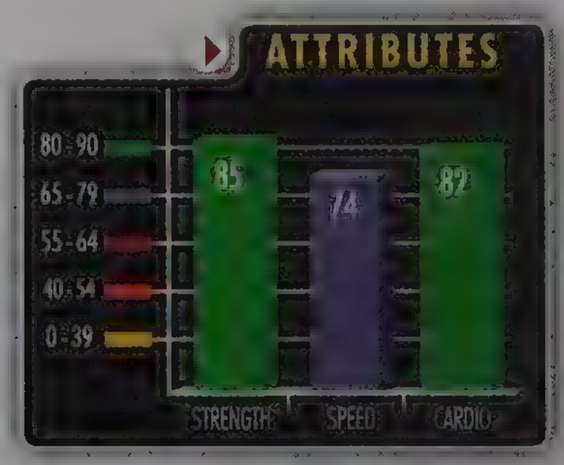
FIGHT CAMP
American Kickboxing Academy

TRAINER
Javier Mendez

RECORD

OVERALL>	8-0-0-0
UFC>	6-0-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Cain Velasquez has a deadly combination of natural ability and fighting skill that makes him a threat to any opponent. He has good speed and tremendous strength and cardio, all of which allow him to stay busy in a fight from bell to bell and punish whoever is unlucky enough to be in there with him.

Velasquez' best tactic is to take down opponents, transition to a dominant position and put away his adversary with ruthless ground strikes. He has solid offensive skills in each of these three techniques, especially takedown and ground striking. Defensively, Velasquez can resist takedown attempts, ground grapples and submissions, and his defense is at least slightly above average in all other categories.

ON YOUR FEET

Although it's not his best weapon, Velasquez's standing strikes skill coupled with his strength make him a knockout threat against opponents of average striking ability. His kicks are less impressive, but he has solid defense against standing kicks and strikes. The clinch is his least advantageous position, but he still has slightly above-average offensive and defensive abilities when locked in it.

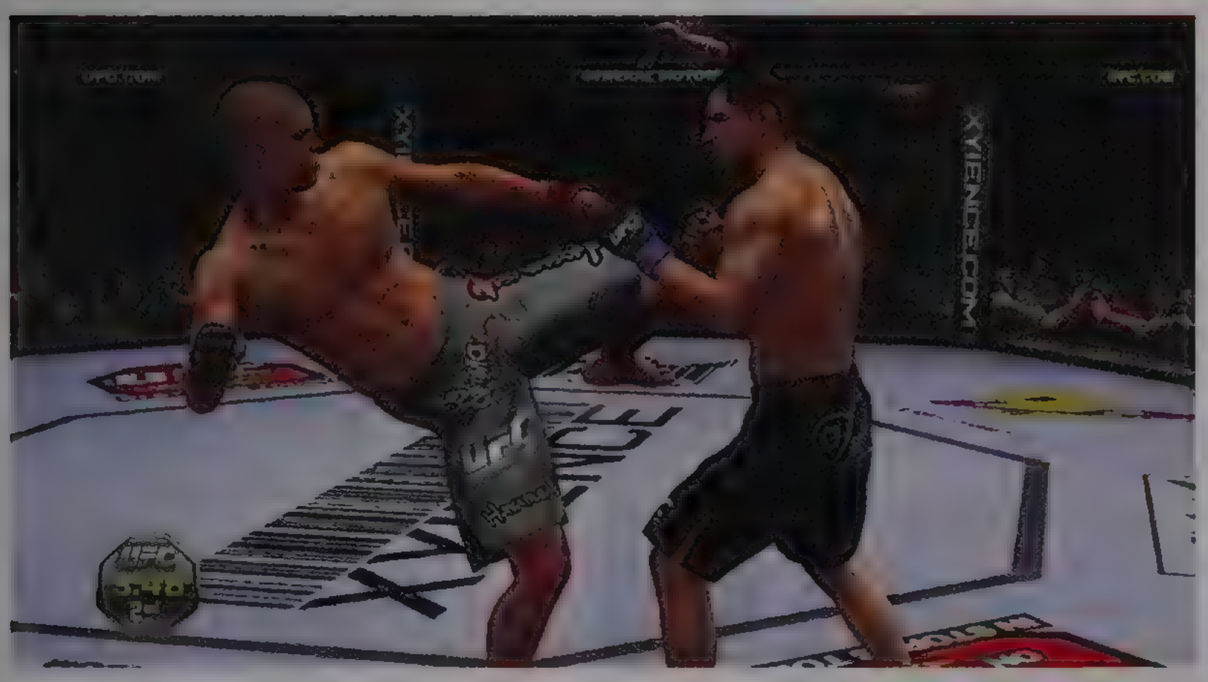
Keep the fight at close range while waiting for an opportunity to take opponents to the ground.

TO THE MAT

The ground game is what makes Velasquez a truly dangerous fighter. His tremendous cardio and strength, coupled with his formidable ground grappling skill, allow him to quickly seize an advantaged position over most opponents, opening them up to his lights-out ground and pound. He is not a skilled submission artist, but he can defend against submissions effectively.

Velasquez's excellent grappling skills provide ample time to work ground and pound while looking for a transition or reversal opportunity

TAKING THE FIGHT TO VELASQUEZ



Your best chances against Velasquez is staying at kick range or fighting him in the clinch.

Velasquez is so strong offensively and defensively on the ground that it's in your best interest to keep the fight standing as much as possible. The clinch is the position in which he's least comfortable, although it would be a stretch to say that he's vulnerable in it.

Keep in mind that Velasquez' high strength and cardio make him a perpetual knockout threat and allow him to work constantly without gassing, so either fight defensively and try to win the decision, or bring the fight to him quickly before he has a chance to outlast you.

FABRICIO WERDUM

"VAI CAVALO"

Fabricio Werdum has competed in a number of MMA organizations and faced some of the greatest heavyweights in the world. He holds two career victories over Gabriel Gonzaga, as well as a first-round TKO victory over Brandon Vera. He's also taken Andrei Arlovski and Minotauro Nogueira to the limit, suffering losses by decision to both men.

In his last UFC fight to date, Werdum lost via a first-round KO to underdog Junior dos Santos, who has gone on to establish himself as one of UFC's elite up-and-coming heavyweights.

STATISTICS

AGE> 32

BIRTHDATE> 7/30/77

WEIGHT> 250 lbs.

HEIGHT> 6'4"

REACH> 77"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Porto Alegre, Brazil

FIGHTING OUT OF
Vacaville, CA

FIGHT CAMP
Werdum Combat Team

TRAINER
Rafael Cordeiro

RECORD

OVERALL> 13-4-1-0

UFC> 2-2-0-0

ATTRIBUTES

80-90
65-79
55-64
40-54
0-39

STRENGTH 75
SPEED 68
CARDIO 77

SKILLS

0-39 | 40-54 | 55-64 | 65-79 | 80-90

STANDING STRIKES OFFENSE	69
STANDING STRIKES DEFENSE	71
CLINCH STRIKING OFFENSE	78
CLINCH STRIKING DEFENSE	72
GROUND STRIKING OFFENSE	75
GROUND STRIKING DEFENSE	76
CLINCH GRAPPLE OFFENSE	70
TAKEDOWN OFFENSE	71
TAKEDOWN DEFENSE	66
GROUND GRAPPLE OFFENSE	80
GROUND GRAPPLE DEFENSE	82
SUBMISSION OFFENSE	84
SUBMISSION DEFENSE	85

IN THE OCTAGON

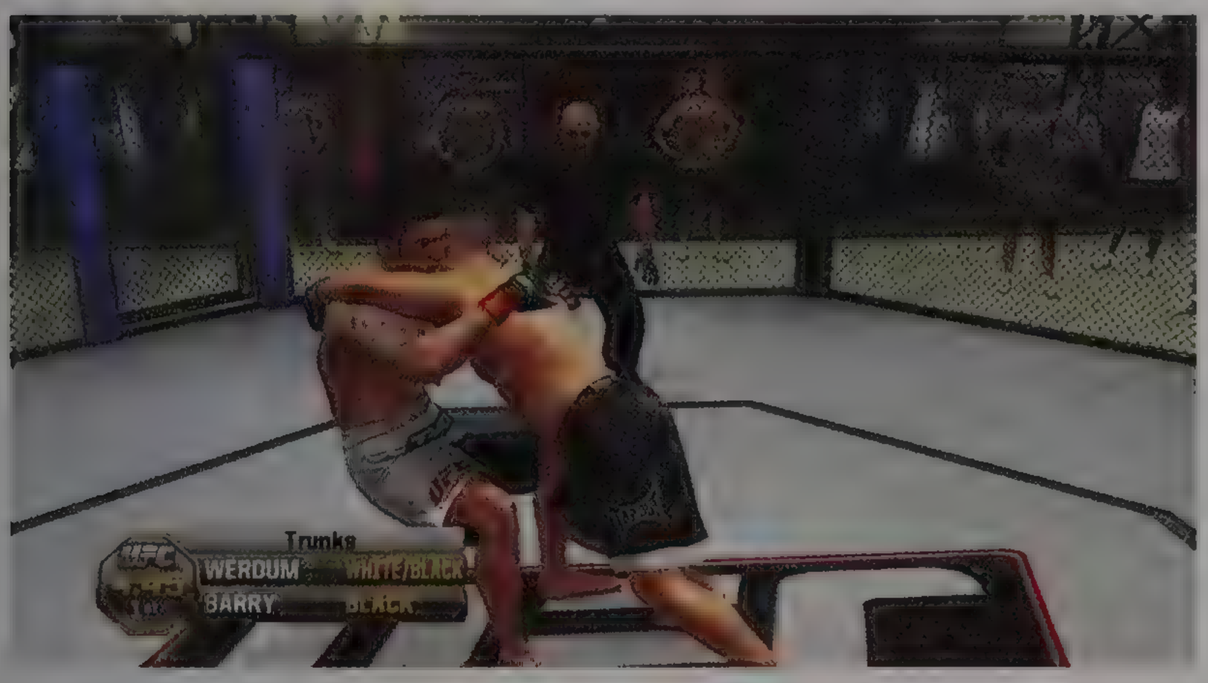
Stay close to opponents at all times.

Fabricio Werdum's offense revolves around his impressive ground grapple and submission offense, both of which are enhanced by his considerable natural strength and cardio. He's also an offensive threat in the clinch, and he can finish opponents with ground strikes if their submission defense is too high.

Defensively, Werdum is average in most categories, with the exception of high ground grapple and submission defense. His ground striking defense is better than average, though it's not good enough to withstand a punishing assault for long. He suffers from below-average takedown defense, but with his ground grapple skills, he can usually go from defense to offense on the ground without much trouble.

ON YOUR FEET

With the exception of his high clinch striking offense, Werdum is an average fighter on his feet. He doesn't have any particular weaknesses, but he lacks the skill to be a true threat when going toe-to-toe with an opponent.



Keep the fight in the clinch until you are able to take the fight to the ground.

TO THE MAT

Werdum's mat work is where he really shines. His takedown offense is average at best, and his clinch grapple offense is slightly better, but he is capable of turning an opponent's takedown against him by reversing it with his ground grapple skills. Once you're on the ground, look for opportunities to transition to a dominant position, and don't waste any time locking in one of Werdum's fearsome submissions.

TAKING THE FIGHT TO WERDUM

Remain unpredictable with your strikes and kicks so Werdum doesn't get any easy takedowns.

All of Werdum's career losses have come via decision or knockout, so keep that in mind when facing him. Try to keep the fight standing, but avoid letting him take a dominant offensive position in the clinch, where he can unleash his vicious strikes. Unless you have an extremely impressive ground game, don't let the fight go to the mat. Even if you start on offense, Werdum is more than capable of putting you on the defensive and tapping you out.

RYAN BADER

"DARTH"

Ryan Bader had a successful background in high school and collegiate wrestling before turning his sights to mixed martial arts. His first UFC appearance was as a contestant on The Ultimate Fighter season 8, where he was the first fighter picked for Team Nogueira. It turns out that Minotauro had an eye for talent, because Bader wound up winning the Light Heavyweight division of the competition.

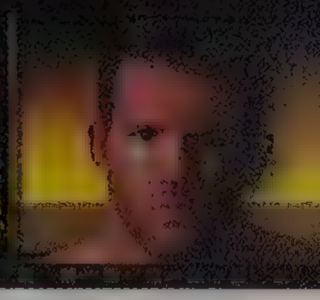
Since formally entering the UFC, Bader has won all four of his fights, the last of which was an impressive third-round knockout of "The Dean of Mean" Keith Jardine. With an undefeated record and a victory over one of the UFC's best-known light heavyweights under his belt, the future is looking bright for Ryan Bader.

STATISTICS

AGE>	26
BIRTHDATE>	6/7/83
WEIGHT>	205 lbs.
HEIGHT>	6'2"
REACH>	74"
STANCE>	Orthodox
NATIONALITY	
HOMETOWN	
FIGHTING OUT OF	
FIGHT CAMP	
TRAINER	

RECORD

OVERALL>	11-0-0-0
UFC>	4-0-0-0



IN THE OCTAGON

Bader excels when he can take opponents to the ground and unleash some ground and pound.

Bader has terrific natural strength and cardio, which allows him to swing freely in pursuit of a knockout. He has average standing striking skill and less impressive kicks, but he excels at shooting for the takedown and bringing the fight to the ground, where he has above-average skills across the board. His clinch striking is average at best.

Defensively, Bader doesn't have many chinks in his armor. He has at least average skill in every defensive category except ground striking, where he is only slightly below average. He's a well-rounded fighter who has the luxury of being able to tailor his game plan to his opponent's weaknesses and let his power and his endurance carry the fight.

ON YOUR FEET

Although Bader is capable of standing and striking, it's not his strength. He's stronger defensively on his feet than he is offensively. In the clinch, he's significantly better with grapples than with strikes, both offensively and defensively.

Excellent clinch grappling and takedown skills help Bader take the fight to the ground.

TO THE MAT

Bader's takedown offense is impressive, and his clinch grapple skill is second on the list. That means that he can bring the fight to the ground virtually at will, which is where he excels. He has moderately high ground grapple and ground striking offense, which gives him a good chance to put an opponent away by KO or TKO, especially if it's later in the fight and Bader's high cardio has kept him fresher than his adversary.

Bader has weak ground striking defense and cannot afford to have one of his transitions reversed, so transition with extreme caution.

TAKING THE FIGHT TO BADER

The bad news is that Bader doesn't have any outstanding defensive weak points, and he's generally stronger defensively than he is offensively. However, the good news is that, other than his takedown offense, he doesn't have any truly outstanding skills either.

Keep in mind that Bader is likely to be stronger than you, with better cardio, so tune your attack strategy to make the most of your strengths while guarding against any attacks that would exploit your weaknesses.

STEPHAN BONNAR

"THE AMERICAN PSYCHO"

Stephan Bonnar became one of UFC's first mainstream stars when he fought Forrest Griffin to a close decision at the inaugural The Ultimate Fighter finale. Bonnar lost the fight but won a UFC contract with his performance. He holds a submission victory over James Irvin and a decision win over Keith Jardine, as well as a pair of decision losses to Forrest Griffin and Rashad Evans.

Bonnar got his career back on track with a pair of victories at UFC 73 and 77. Despite defeats to Jon Jones and Mark Coleman, Bonnar engaged in an entertaining war with Krzysztof Soszynski at UFC 110 that proved that Bonnar is ready, willing, and able to make a run at the 205-pound title in the coming years.

STATISTICS

AGE>	33
BIRTHDATE>	4/4/77
WEIGHT>	205 lbs.
HEIGHT>	6'4"
REACH>	78"
STANCE>	Orthodox and Switch

NATIONALITY

HOMETOWN
Munster, IN

FIGHTING OUT OF
Las Vegas, NV

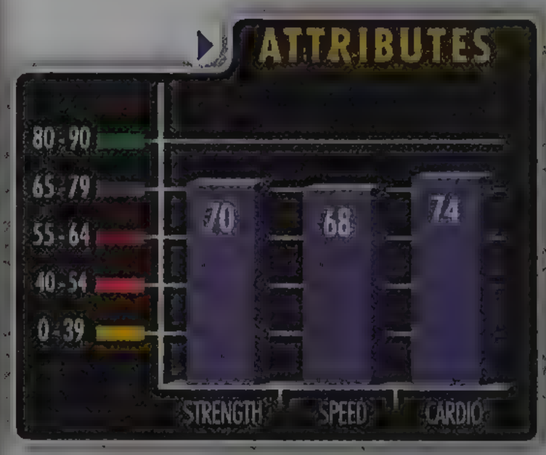
FIGHT CAMP
Sergio Penha Jiu-Jitsu

TRAINER
Sergio Penha

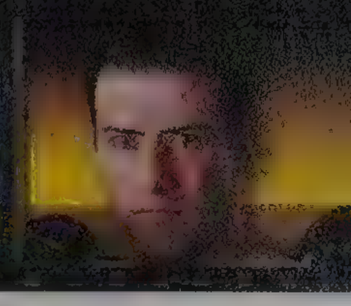
RECORD

OVERALL>	11-7-0-0
UFC>	5-6-0-0

ATTRIBUTES



SKILLS



IN THE OCTAGON

Bonnar's most potent offensive weapon is his standing offense. His ground grapple offense is also fairly sharp, but after that, things start looking average at best. He is weak offensively in the clinch, and he lacks striking power on the ground.

Defensively, Bonnar is strong on his feet but weaker in the clinch. His ground grapple defense is moderately high, which helps him to prevent opponents from taking a dominant position. That's a good thing because his submission defense is only average, and his ground striking defense is quite weak.

ON YOUR FEET

Stay on your feet as much as possible when fighting as Bonnar and use his powerful leg kicks to weaken the opponent's vertical base. Mix up your timing so you don't become predictable. Bonnar is strongest defensively on his feet, and although his striking skill is only average, he can mix up strikes with his kicks to keep an opponent off-balance.

Avoid the clinch as much as possible. Other than some average clinch striking defense, Bonnar lacks strong offensive and defensive skills in the clinch.

Use kicks to keep opponents at bay.

TO THE MAT

If the fight goes to the ground, your primary concern should be to keep your opponent from advancing to a dominant position. If possible, return the fight to a standing position (which favors Bonnar), rather than risking getting caught by ground strikes, against which Bonnar has little defense. If your opponent is vulnerable against submissions, it might be worth trying to make him tap out. Otherwise, get back to your feet and look for a win by KO, TKO, or decision.

Use Bonnar's strong ground grapple skills to force a stalemate or obtain a dominant position and get back on your feet.

TAKING THE FIGHT TO BONNAR

Clinch with Bonnar and bring him to the ground as much as possible. If you can mount him and land heavy strikes, the fight is usually moments from being over. He's an above-average standing striker, but all his other skills are fairly mediocre. You should have little trouble attacking Bonnar's weak points and exploiting them.

Stay close to Bonnar while the striking battle is going on and take him down to the mat by shooting for his legs or throwing him from a clinch.

JASON BRILZ

Jason Brilz is a relative newcomer to the UFC, but the former college wrestler is the owner of a 3-1-0-0 record, with his only loss coming as a split decision at UFC 103.

Brilz is a fundamentally sound fighter who uses technical skill to pressure opponents and take the advantage whenever possible. This technique has not escaped the notice of the judges, who have sided unanimously with him in two out of his three decision victories.

STATISTICS

AGE > 34

BIRTHDATE > 7/7/75

WEIGHT > 205 lbs.

HEIGHT > 5'11"

REACH > 71.5"

STANCE > Orthodox

NATIONALITY

HOMETOWN

FIGHTING OUT OF

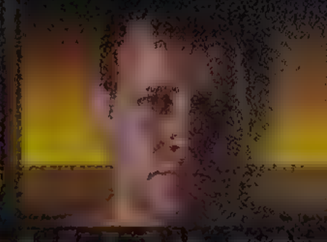
FIGHT CAMP

TRAINER

RECORD

OVERALL > 17-2-1-0

UFC > 2-1-0-0



IN THE OCTAGON

Jason Brilz is a strong but slow fighter whose heavy hands are made even more dangerous in the clinch and on the ground. Offensively, his only unimpressive skill is standing kicks, which is significantly below average.

Generally speaking, Brilz is defensively well-rounded, athough his standing strikes and standing kicks defense leaves something to be desired. He's slightly stronger defensively in the clinch than on the ground, but it's not enough of a difference to make it a major component of your fighting strategy.

Try to take the fight to the ground with well-timed takedowns.

ON YOUR FEET

Much of your offensive strategy with Jason Brilz depends on where your opponent's strengths and weaknesses lie. Brilz does not have great standing kicks defense, so a strong kicker can chop him down to size and erode his takedown offense. His standing strikes are as potent of an offensive weapon as he has, though—just keep in mind that his lack of speed can result in a high counter rate.

Keeping close helps neutralize an opponent's strong kicks, while making Brilz's speed less of a weakness.

TO THE MAT

Brilz's submission and ground striking skills are fairly solid, as is his takedown offense, so use them to bring the fight to the ground, where Brilz is a marginally better fighter. On the ground, he doesn't have any glaring weaknesses, although his ground grapple skills are only average, and he is vulnerable to a talented submission artist.

Brilz is best playing a patient ground and pound fighter. Wait for opportunities to posture up and reverse transitions.

TAKING THE FIGHT TO BRILZ

Brilz is most vulnerable while striking at the edge of punch and kick ranges.

If you have strong standing skills, keep the fight upright and look for opportunities to counter-strike Brilz's slow punches and kicks. Other than that, tailor your offensive strategy to your strengths. Brilz doesn't excel in any particular area, so fight your fight, take advantage of his lack of speed and you should be fine.

LUIZ CANE
"BANHA"

Luiz Cane made a controversial entrance in the UFC when he lost his first fight at UFC 79 by disqualification due to an illegal knee strike against his downed opponent. However, Cane followed that up with three consecutive victories at UFC 85, 89, and 97, the last of which was a unanimous decision against Steve Cantwell.

Cane suffered his first loss that was not of his own doing when Minotauro Nogueira TKO'ed him in the first round of their UFC 106 encounter. However, with a winning record to his credit, this light heavyweight's UFC career is just getting started.

STATISTICS

AGE> 29

BIRTHDATE> 4/2/81

WEIGHT> 205 lbs.

HEIGHT> 6'2"

REACH> 77"

STANCE> Southpaw

NATIONALITY

HOMETOWN
San Paulo, Brazil

FIGHTING OUT OF
San Paulo, Brazil

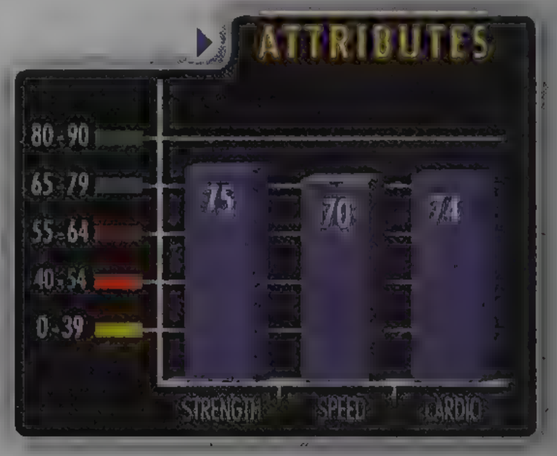
FIGHT CAMP
American Top Team

TRAINER

RECORD

OVERALL> 11-2-1-0

UFC> 3-2-0-0



IN THE OCTAGON

Luiz Cane isn't the fastest fighter in the UFC, but he has significant strength and cardio, and he's a knockout threat when striking in any situation. He's particularly strong on his feet and in the clinch, but his lackluster ground grapple and submission skills make him less of a threat on the ground.

Cane's defense isn't as sharp as his offense, but he has at least average skill across the board. He's particularly strong against clinch grapples and standing kicks, which help keep him on his feet while he unleashes his powerful offense in the clinch. Keep your strikes and kicks unpredictable to avoid being taken down the ground, where Cane has trouble defending against skilled grapplers.

ON YOUR FEET

When fighting as Cane, keep the fight standing as much as possible, and don't be afraid to clinch with opponents. Cane is a particularly strong standing and clinch striker, and his kicks aren't too shabby either. His high clinch grapple defense makes it difficult for opponents to throw him to the mat, and his impressive clinch grapple offense gives him the ability to pummel opponents at will in the clinch.

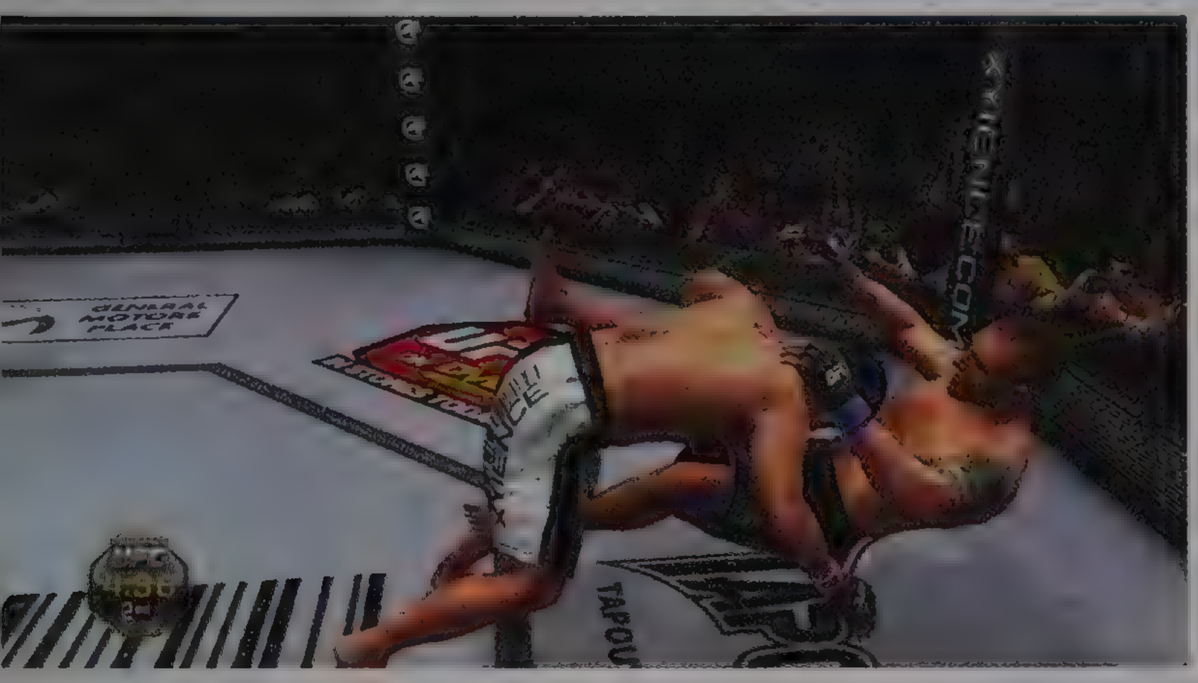
Stay close to opponents and mix up your strikes and clinches so they don't know whether to block or stop the clinch.

TO THE MAT

Cane is moderately skilled at ground defense, but he lacks true offensive power while he's on the ground. If you find yourself on the mat, make every effort to return the fight to a standing position. That's easier said than done with Cane's so-so ground grapple skills, so pick your moments carefully to transition effectively.

Cane's best chance at surviving on the ground is keeping his opponent's head down while looking for transition reversals.

TAKING THE FIGHT TO CANE



Cane is too dangerous to stand and trade blows with, especially if he's within clinching range and can pull you into the clinch. His ground grapple defense leaves something to be desired, and his defense against submissions, takedowns, and clinch striking is only average, so use that to your advantage when planning your attack.

STEVE CANTWELL

"THE ROBOT"

Steve Cantwell was the final WEC Light Heavyweight Champion before WEC eliminated the division, sending Cantwell to the UFC in search of competition. In his UFC debut, he earned a submission victory over Razak Al-Hassan via armbar.

Since then, Cantwell has suffered two consecutive decision losses, one of which was to Luiz Cane. However, Cantwell has proven his MMA mettle before, and he intends to do so again in the UFC.

STATISTICS

AGE>	23
BIRTHDATE>	8/12/86
WEIGHT>	205 lbs.
HEIGHT>	6'2"
REACH>	75"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Long Beach, CA

FIGHTING OUT OF
Las Vegas, NV

FIGHT CAMP
One Kick's Gym

TRAINER
Jack Blomgren

RECORD

OVERALL>	7-3-0-0
WEC>	4-3-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

Keep the fight standing as much as possible; Cantwell's kicks are deadly.

Steve Cantwell is a fast fighter with impressive cardio whose standing offense is formidable. His punches have legitimate knockout power, and he has solid kicks as well. He's much less offensively skilled in the clinch, however, and he doesn't have much takedown or ground striking offense to speak of, although his submission offense is worthy of respect.

Defensively, Cantwell can hang with the best of them in a standing position, but he's average at best in the clinch. His ground defense is a bit of a mixed bag, but he's difficult to tap out, and his high cardio keeps him from being gassed early in a fight.

ON YOUR FEET

The longer you keep the fight standing, the better Cantwell's chances of victory are. Keep the fight at the edge of Cantwell's kick range. Use his powerful leg kicks to erode the opponent's vertical base and make it difficult for him to execute throws and takedowns. Stay out of the clinch altogether, and counter takedown attempts with kicks.

TO THE MAT

If the fight winds up on the ground, you might be in trouble. Cantwell's ground grapple skills are slightly better than average, and he has some decent submission skills, but he's vulnerable to strikes on the ground.

You may have an opportunity to end the fight by submission if your opponent recklessly throws strikes while fatigued.

TAKING THE FIGHT TO CANTWELL

Knees to the head from the clinch will spell trouble for Cantwell.

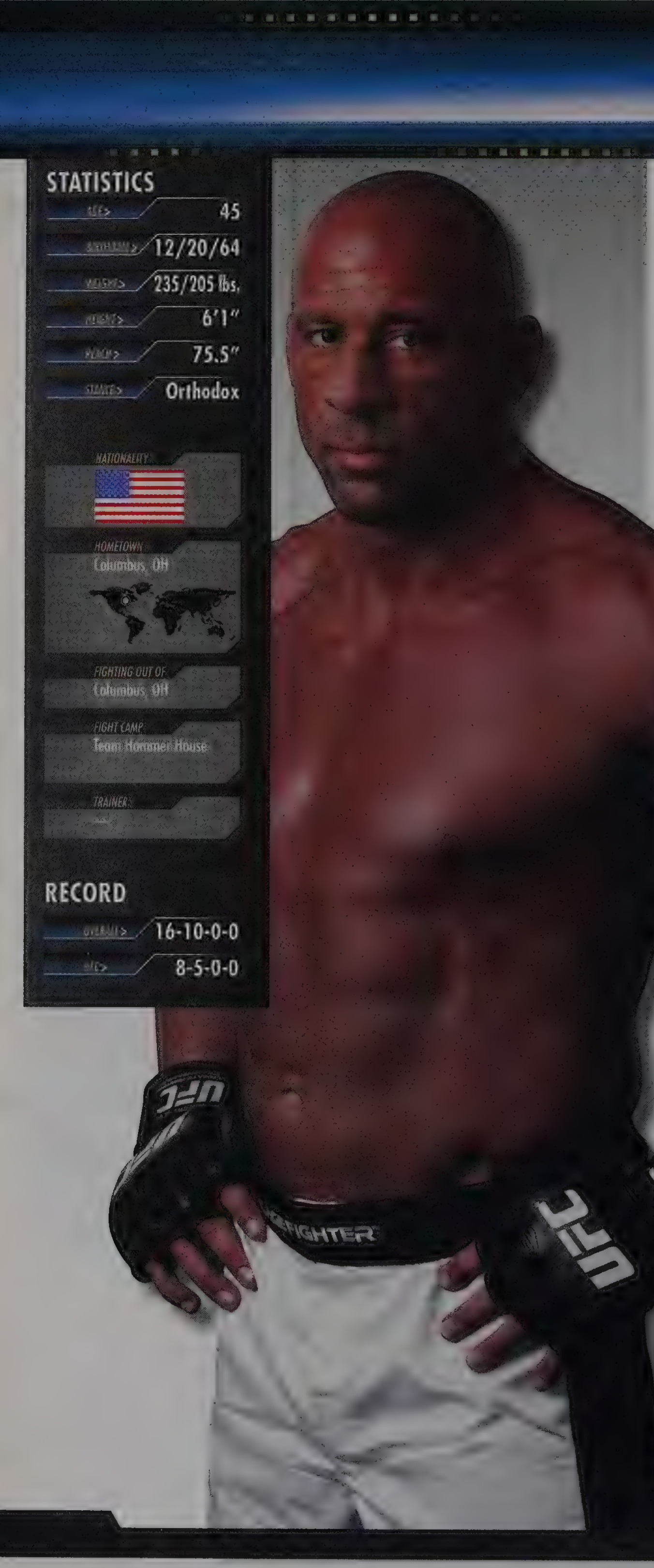
If you have strong clinching skills—especially Muay Thai offensive maneuvers—tie up Cantwell in the clinch as often as possible from a standing position. He's not helpless in the clinch, but it's definitely his weakest position. On the ground, look for a ground and pound finish, but avoid his submission attempts. Above all, keep in mind that Cantwell has high cardio and will likely outlast you if the fight goes on too long, so work to finish him quickly.

MARK COLEMAN

"THE HAMMER"

Mark Coleman became the first UFC Heavyweight Champion at UFC 12 in 1997. In 2000, he won the PRIDE 2000 Open Weight Grand Prix and remained a competitor in PRIDE through 2006, facing an array of legendary fighters, including Minotauro Nogueira, Mirko Cro Cop, and Shogun Rua. He returned to UFC in 2008 and was inducted into the UFC Hall of Fame at UFC 82.

Coleman narrowly lost a rematch to Shogun Rua at UFC 93, a loss that he made up for with a unanimous decision over Stephan Bonnar at UFC 100. However, in the first-ever clash of two UFC Hall of Famers, Randy Couture defeated Coleman at UFC 109 via rear naked choke submission in the second round.



IN THE OCTAGON

As a light heavyweight, Mark Coleman has slightly less strength but is faster than he is when fighting as a heavyweight. His cardio is also slightly lower. However, his skills are identical in each weight class, so the same strategies apply to both weight classes.

Coleman relies heavily on a devastating ground and pound offense to finish off opponents. He's also strong offensively in the clinch, and he's resistant to takedowns from a standing or clinched position. Coleman's defense is solid across the board, with special prowess against takedowns and clinch grapples.

ON YOUR FEET

Coleman is not well-suited to standing and trading blows with an opponent, although his natural strength gives a healthy boost to his otherwise average standing strikes and kicks. He's more comfortable in the clinch, where he enjoys greater offensive power and defense against grapples. His clinch striking defense isn't much worse than his normal standing defense against strikes and kicks, but his strikes from the clinch are devastating.

Fighting in the clinch allows Coleman to take the fight to the ground at will with a clinch throw.

TO THE MAT

Thanks to his high takedown and clinch grapple defense, Coleman is rarely in danger of letting the fight go to the ground on anyone's terms but his own. On the ground is exactly where you should take the fight. Coleman's ground striking skill—boosted by his high strength—can put away opponents quickly. However, getting there can be tricky, since Coleman lacks significant ground grapple offense. Be a patient ground striker once you get to the ground. Posture up when you can and keep an eye out to reverse transitions.

TAKING THE FIGHT TO COLEMAN

If you have strong kicks, fighting him at the extreme edge of your kick range can be advantageous, as his kicking offense is below average.

Coleman's defense is average or better across the board, so he doesn't have any obvious weaknesses to exploit. He is particularly resistant to being taken down (either from a clinch or shooting for the takedown), and he's tough to finish with strikes or submissions on the ground.

Your best bet is to stand and strike with him, if that suits your skill set. Otherwise, exploit his lack of speed and use counters and reversals to turn his momentum against him and impress the judges.

RASHAD EVANS
"SUGA"

Former UFC Light Heavyweight Champion "Suga" Rashad Evans went undefeated in the UFC until his first title defense against Lyoto Machida at UFC 98 where Machida knocked out Rashad in the second round. However, Rashad redeemed himself in his next fight with a unanimous decision victory over Thiago Silva.

Since being crowned the Ultimate Fighter as a heavyweight in the series' second season, Rashad has beaten Stephan Bonnar (decision), Michael Bisping (decision), Chuck Liddell (KO) and Forrest Griffin (TKO), among others. He fought Tito Ortiz to a draw at UFC 73, and he's consistently in the elite upper echelon of the UFC Light Heavyweight Division.

STATISTICS

AGE> 30

BIRTHDATE> 9/25/79

WEIGHT> 205 lbs.

HEIGHT> 5'11"

REACH> 74.5"

STANCE> Southpaw and Switch

NATIONALITY

HOMETOWN
Niagara Falls, NY

FIGHTING OUT OF
Albuquerque, NM

FIGHT CAMP
Greg Jackson's Gym

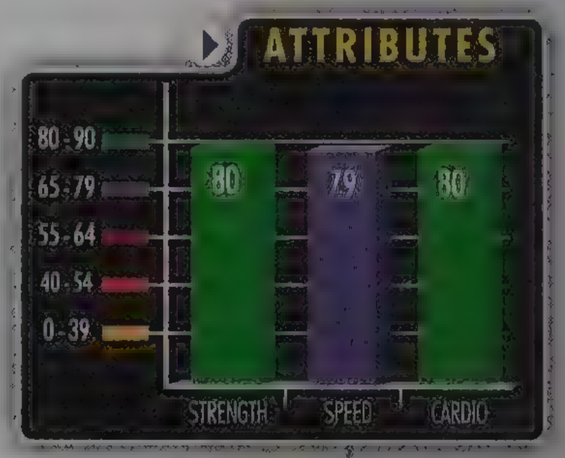
TRAINER
Greg Jackson

RECORD

OVERALL> 14-1-1-0

UFC> 9-1-1-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Rashad can fight anywhere in the octagon and adapt to any type of fight.

Rashad has superior natural attributes across the board, with excellent speed, strength and cardio. He is a legitimate knockout artist from a standing position or on the ground, and he is capable of taking opponents down at will.

On defense, Rashad is much more capable in a standing or clinching position, but his ground defense is at least average, and his submission defense is excellent. Because of his speed and cardio, he can outlast virtually any opponent and beat him to the punch as well.

ON YOUR FEET

Keep the fight standing as much as possible. Not only does Rashad have one-punch knockout power, he also boasts incredible defense against standing strikes and kicks. He is less offensively formidable in the clinch, but his clinch striking defense is high, which makes it a good position of last resort if the standing battle is not going his way.

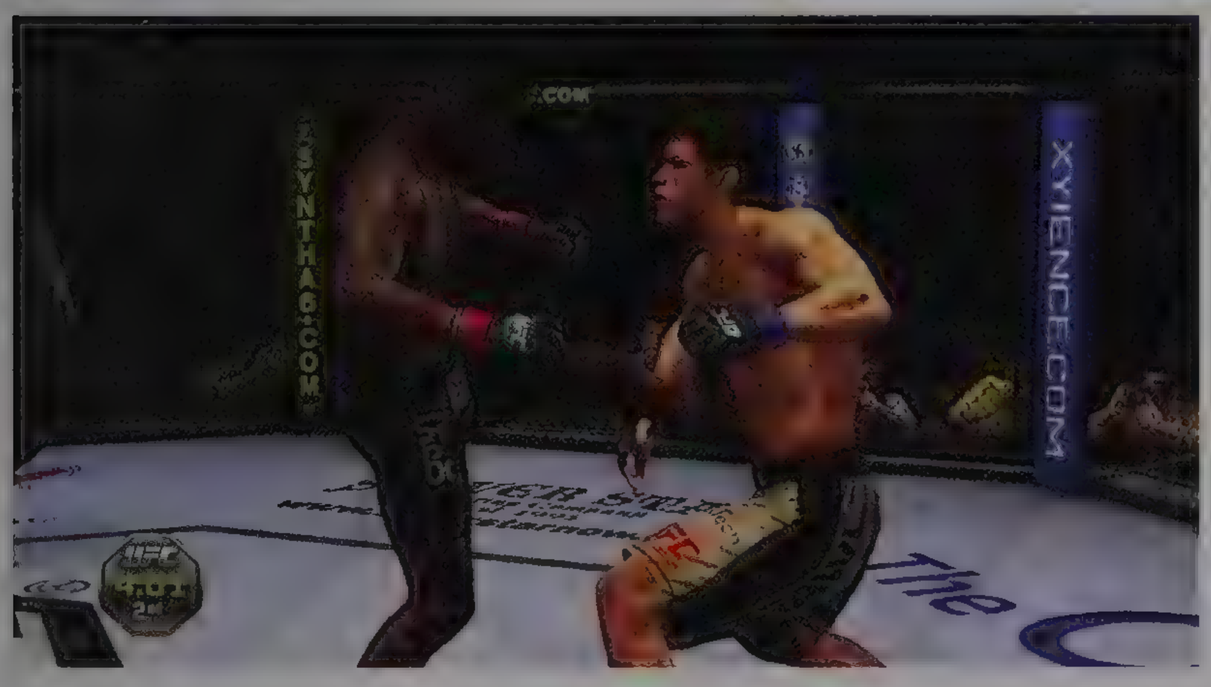
Rashad's combination of power and speed make using sways and counter punches extremely effective.

TO THE MAT

On the ground, Rashad is a bit shakier, but he has at least average skill offensively and defensively in virtually every category. His submission defense and ground striking offense are outstanding, although he's not much of a submission artist, and his ground grapple skills leave something to be desired.

In the dominant position be patient while striking or work to take it back to a standing fight.

TAKING THE FIGHT TO EVANS



Taking the fight to the ground robs Rashad of most of his best offensive and defensive skills, but you must be careful of his ground and pound offense, which can put virtually any opponent on the shelf in seconds. Any talented grappler can establish a dominant position on Rashad, but his superior speed, strength, and cardio make it hard to keep him down.

Shooting for a takedown against Rashad can be difficult due to his speed. Use a clinch throw if you have good clinch grapple skills.

FORREST GRIFFIN

Not only is Forrest Griffin a former UFC Light Heavyweight Champion and one of the most skilled fighters ever to set foot in the Octagon, he's also one of the main reasons that UFC has achieved such tremendous popularity. His victory over Stephan Bonnar at the first Ultimate Fighter Finale drew overwhelming mainstream attention, and UFC President Dana White dubbed it "the most important fight in UFC history."

Since earning his UFC contract, Forrest has prevailed over some of the UFC's top names, including Shogun Rua and Rampage Jackson, who he defeated for the UFC Light Heavyweight Championship. Although he lost the title to Rashad Evans in his first defense, he began his journey back to the title with a split decision victory over UFC legend Tito Ortiz at UFC 106.

STATISTICS

AGE	31
BIRTHDATE	3/16/79
WEIGHT	205 lbs.
HEIGHT	6'3"
REACH	77"
STANCE	Orthodox

NATIONALITY

HOMETOWN
Columbus, OH

FIGHTING OUT OF
Las Vegas, NY

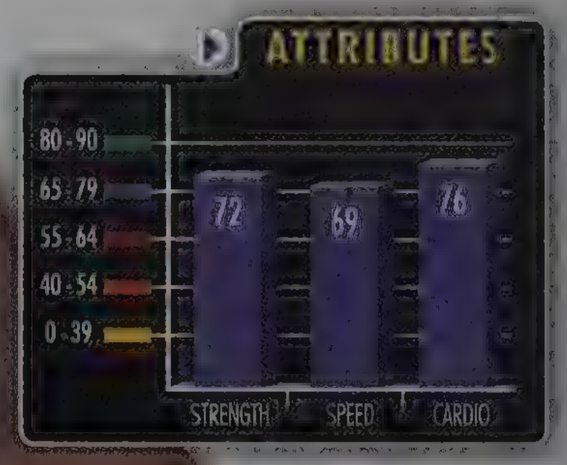
FIGHT CAMP
Xtreme Couture

TRAINER
—

RECORD

OVERALL	17-6-0-0
UFC	8-4-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Keep the fight standing except against the most elite strikers.

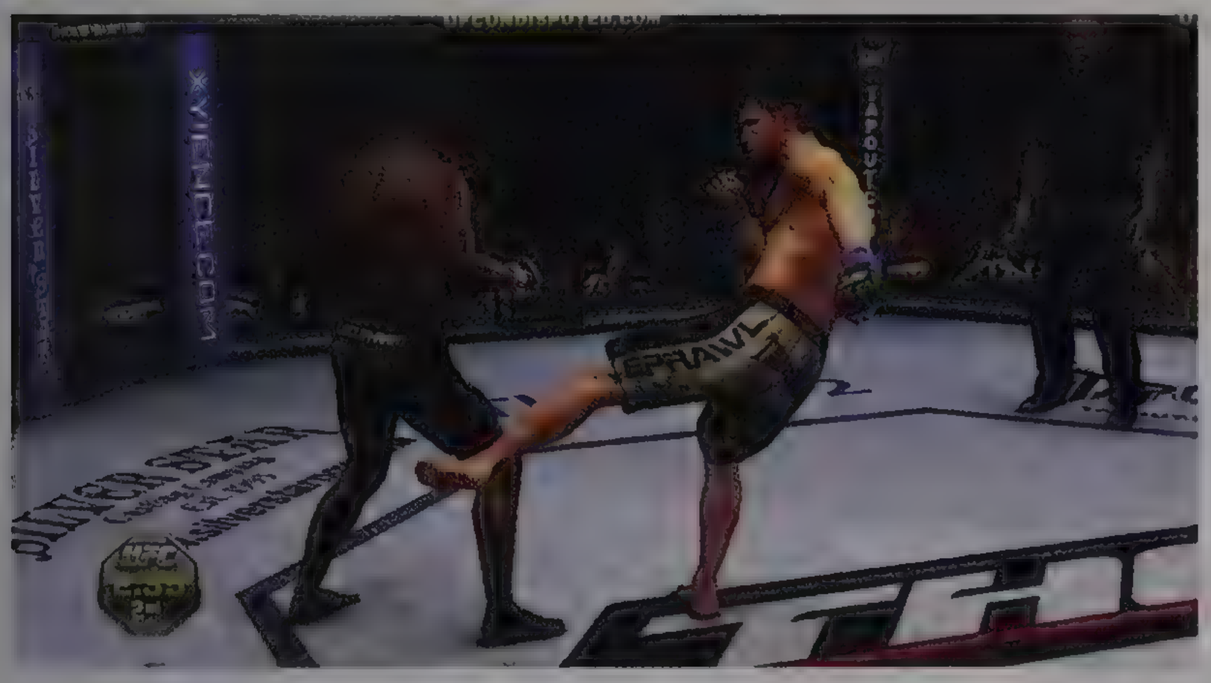
Forrest Griffin is a scrappy fighter who relies on his excellent cardio and defensive skills to carry him through fights until opponents reveal an opening. His standing strikes are powerful, and his kicks are even more so. On the ground, Forrest is a remarkably good grappler, although his submission offense is just average and his ground striking lacks finishing power.

Defensively, Forrest has no real weak points. His speed, clinch striking defense, and takedown defense are only average, but he has phenomenal submission, ground grapple, and standing kicks defense. His other defensive attributes are above average as well, making it difficult for an opponent to pick him apart.

ON YOUR FEET

Although Forrest is a skilled ground grappler, he has greater offensive power when standing with an opponent. He can inflict tremendous damage with his kicks, and targeting the legs of the opponent helps him against takedowns, which he doesn't defend well against. Keep opponents from getting close. This keeps Forrest away from the clinch and he needs space to utilize his powerful kicks.

Stay out of the clinch as much as possible. With the exception of his clinch grapple defense, his clinch skills are average at best.



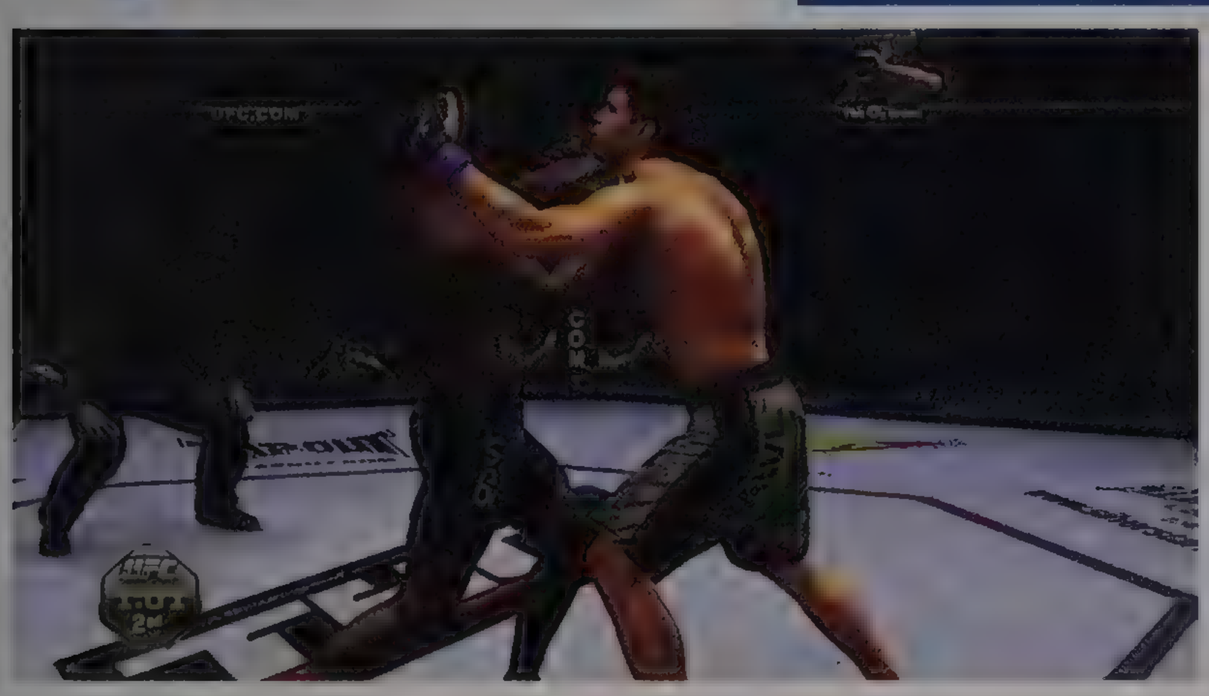
TO THE MAT

On the ground, Forrest can grapple with the best of them and put himself into advantageous positions while skillfully countering or reversing his opponent's transitions. However, his submission offense is only slightly above average, and his ground striking is distinctly mediocre. Fortunately, he's a tough fighter to submit, and he defends fairly well against ground strikes.

Because Forrest has such excellent ground grappling skills and high cardio, you might consider looking for a victory by decision. To do that, stay on the ground, transition effectively and execute strikes and submissions, but don't worry if you're unable to finish off opponents. As long as you stay busy advancing your position and present a strong offense, the judges will reward you for it.

If nothing else seems to be working, use Forrest's impressive cardio to tire out opponents, and go for submissions.

TAKING THE FIGHT TO GRIFFIN



Muay Thai clinch fighters are effective against Forrest and can end the fight quickly.

If you can keep Forrest in the clinch, that's your best chance of doing damage to him while avoiding his best offensive techniques. He lacks finishing power on the ground, but he's difficult to advance your position against. He also has considerable cardio, so be careful not to let him outlast you.

MATT HAMILL

"THE HAMMER"

Many UFC fighters have triumphed over adversity to make it to the world's premier mixed martial arts organization, but few have had as unique a challenge as Matt Hamill. This three-time NCAA Division III National Wrestling Champion is deaf, but he hasn't let that stop him from establishing himself as one of the fighters to watch in the UFC Light Heavyweight Division.

Hamill came to the UFC via the third season of the Ultimate Fighter. Although he did not win the competition, a TKO victory at the Ultimate Fighter 3 Finale secured him a UFC contract. He has since gone on to earn a record that includes seven victories and only two losses. Although he suffered a split decision loss against Michael Bisping and a TKO loss against Rich Franklin, Hamill has shown that nothing will stop him from accomplishing the goals that he has dedicated his life to reaching.

STATISTICS

AGE> 33

BIRTHDATE> 10/5/76

WEIGHT> 205 lbs.

HEIGHT> 6'1"

REACH> 76"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Loveland, OH

FIGHTING OUT OF
Utica, NY

FIGHT CAMP
Team Hamill

TRAINER
Duff Holmes

RECORD

OVERALL> 8-2-0-0

UFC> 7-2-0-0

ATTRIBUTES

80 - 90
65 - 79
55 - 64
40 - 54
0 - 39

82 70 83

STRIKING GRAPPLING CARDIO

SKILLS

0-39 40-54 55-64 65-79 80-90

STANDING STRIKES OFFENSE	78
STANDING STRIKES DEFENSE	71
STANDING KICKS OFFENSE	72
STANDING KICKS DEFENSE	72
CLINCH STRIKING OFFENSE	65
CLINCH STRIKING DEFENSE	75
GROUND STRIKING OFFENSE	80
GROUND STRIKING DEFENSE	72
CLINCH GRAPPLE OFFENSE	74
CLINCH GRAPPLE DEFENSE	75
TAKEDOWN OFFENSE	80
TAKEDOWN DEFENSE	82
GROUND GRAPPLE OFFENSE	70
GROUND GRAPPLE DEFENSE	74
SUBMISSION OFFENSE	59
SUBMISSION DEFENSE	73

PREMIER FIGHTER

IN THE OCTAGON

Hamill's fists are dangerous wherever the fight goes.

With solid standing strikes, clinch striking, and grappling skills, as well as powerful takedown and ground striking techniques, Matt Hamill is a threat no matter where the fight takes place. His phenomenal strength augments his striking power, and his tremendous cardio ensures that the longer the fight goes on, the better his odds of victory become.

Hamill is stronger offensively than defensively, but he doesn't have any obvious weak points. He's skilled at defending against takedowns, and his defense is at least average in every other category.

ON YOUR FEET

With his dangerous strength and superior standing strikes and clinch strikes offense, Hamill is a knockout threat whenever he's on his feet. However, be careful not to let opponents land too many shots, because his standing defense is only average. Defensively, he's stronger in the clinch, and his strikes are more powerful there as well.

Stay close to opponents whenever possible so you can clinch if the standing fight does not go your way.

TO THE MAT

With his tremendous takedown defense and high clinch grapple defense, it is unlikely that the fight will go to the ground unless Hamill wants it to (or he gets sloppy). On the ground, Hamill suffers from average ground grapple skills, but if he can get into an advantaged position, he can inflict damage with his strikes.

Be patient while going for ground and pound. Posture up when possible and look for your opponent to fatigue to transition or wait for reversal opportunities.

TAKING THE FIGHT TO HAMILL

Getting Hamill to the ground is not easy, but if you can do it, you can exploit his average ground grapple skill and hurt him with some ground and pound or a submission, neither of which he has particularly strong defense against. Either stay far away with kicks or stay in a dominant position on the ground.

If your ground game isn't sharp, you can stand toe-to-toe with Hamill and take advantage of his mediocre standing defense, but watch out for his heavy hands, or you'll be staring up at the lights in no time. Remember that Hamill has excellent cardio, so don't let the fight drag on too long!

QUINTON JACKSON
"RAMPAGE"

Quinton "Rampage" Jackson is one of UFC's most charismatic and dominant fighters. A former All-State high school wrestler, Jackson dominated the independent mixed martial arts circuit before stepping up to PRIDE, where he racked up victories over some of MMA's top names, including Chuck Liddell. Jackson faced Liddell again in his second UFC fight, beating him at UFC 71 to become the UFC Light Heavyweight Champion. His next fight at UFC 75 was also a title bout, in which he defeated Dan Henderson by unanimous decision to unify the UFC Light Heavyweight Championship and the PRIDE Middleweight Championship.

Jackson's only UFC loss to date came at UFC 86, when Forrest Griffin won a unanimous decision and Rampage's UFC Light Heavyweight Championship. However, he more than made up for it at UFC 92, when he defeated Wanderlei Silva by KO in the first round, the first time he managed to defeat Silva in their three encounters. His unanimous decision victory over Keith Jardine at UFC 96 has almost certainly positioned Jackson for another shot at the UFC Light Heavyweight Championship. However, in order to do that, he may have to prove himself against his rival coach from the tenth season of The Ultimate Fighter, former UFC Light Heavyweight Champion Rashad Evans.

STATISTICS

AGE> 31
BIRTHDATE> 6/20/78
WEIGHT> 205 lbs.
HEIGHT> 6'1"
REACH> 74"
STANCE> Orthodox

NATIONALITY

HOMETOWN
Memphis, TN

FIGHTING OUT OF
Irvine, CA

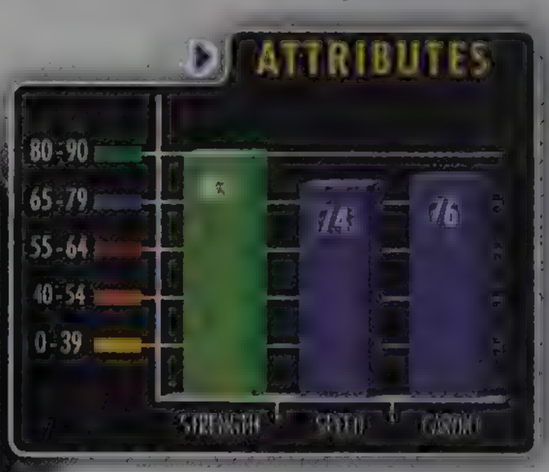
FIGHT CAMP
Wolfslair MMA Academy

TRAINER

RECORD

OVERALL> 30-7-0-0
UFC> 5-1-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Rampage is an offensive powerhouse. Take the fight to wherever your opponent is weakest.

Rampage has impressive natural speed and cardio, but his greatest attribute is his tremendous strength that lends knockout power to his strikes in any situation. He also has tremendous takedown offense, though his ground grapple and submission offense leaves something to be desired.

Defensively, Rampage is incredibly strong against standing strikes, clinch grapples, takedowns, and submissions, which makes it hard to bring him to the ground and harder still to do anything with him once he's there. He is vulnerable to standing kicks, however.

ON YOUR FEET

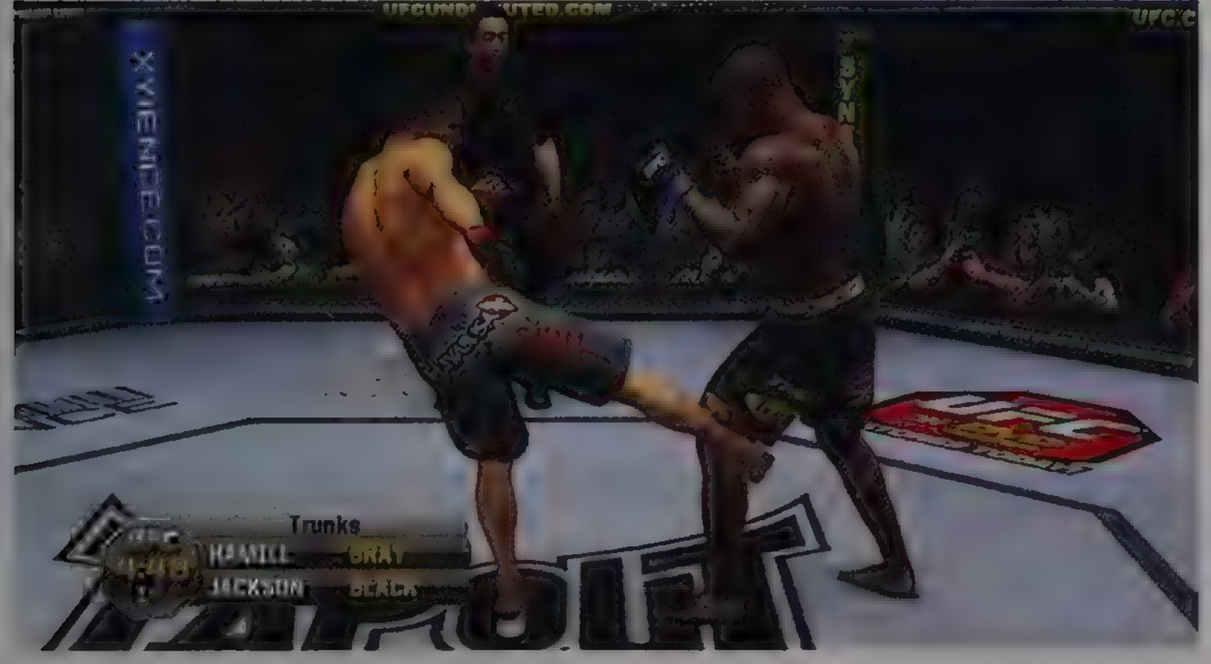
With a lethal combination of extreme strength and standing strikes offense, Rampage is a dangerous, one-punch knockout artist when he's on his feet. However, he is particularly vulnerable to kicks. Being in the clinch improves his defense but sacrifices some of his (still-impressive) striking power.

Stay close to opponents. That way Rampage can avoid most kicks while still having access to his amazing strikes. Go for a clinch if he's in trouble.

TO THE MAT

Rampage defends well against takedowns and clinch grapples, which is good, because his ground grapple skills are distinctly average. However, he's difficult to tap out, and he's capable of both withstanding ground strikes and ending a fight with them if he can get into an advantaged position.

TAKING THE FIGHT TO JACKSON



Keep the fight at kick range when possible.

When facing Rampage, you must be careful that you don't get caught by his standing strikes. Not only is he strong enough to KO you with a single, carefully timed shot, he's fast enough to catch you off-guard. Clinch strikes can be effective against him, but he's no slouch in the clinch himself.

Putting Rampage on the ground is the best way to make him less of a threat, but to do that, you must work over his legs with kicks to compromise his defense against throws and takedowns. Even still, he's nearly impossible to tap out, and he can take a significant amount of punishment from ground strikes.

Your best bet is to weaken Rampage's legs at the edge of your kick range so you can take him down to the ground and work on winning the ground game.

KEITH JARDINE

"THE DEAN OF MEAN"

After establishing a dominant reputation on the independent MMA scene, Keith Jardine came to the UFC as a heavyweight contestant on the second season of The Ultimate Fighter. Although he was knocked out of the competition by Rashad Evans, Jardine was still given an opportunity to compete in the UFC. He made the most of it, defeating some of the UFC's most high-profile fighters, including Forrest Griffin, Chuck Liddell, and Brandon Vera.

Jardine has been on somewhat of a slide in his last few fights, losing by unanimous decision to Rampage Jackson at UFC 96, by KO to Thiago Silva at UFC 102, and again by knockout to Ryan Bader at UFC 110. Although Jardine has had some ups and downs, there's no quit in him, and he's determined to prove that he belongs as a title contender in the UFC Light Heavyweight Division.

STATISTICS

AGE> 34

BIRTHDATE> 10/31/75

WEIGHT> 205 lbs.

HEIGHT> 6'2"

REACH> 76"

STANCE> Orthodox and Switch

CITIZENSHIP

HOMETOWN
Rhinebeck, NY

FIGHTING OUT OF
Albuquerque, NM

FIGHT CAMP
Greg Jackson's Gym

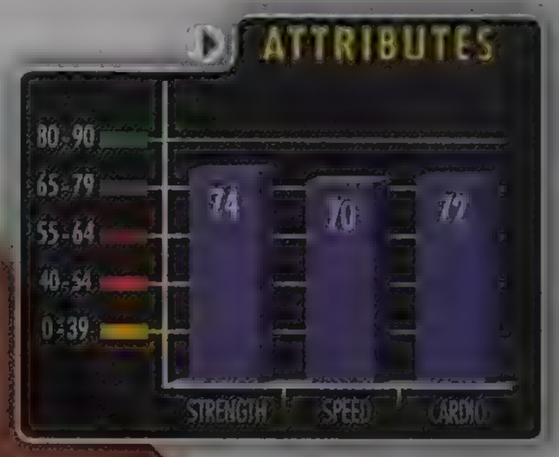
TRAINER
Greg Jackson

RECORD

OVERALL> 15-7-1-0

UFC> 6-5-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Jardine must stay aggressive to be truly effective.

Offensively, Keith Jardine is slightly above average standing and in the clinch but below average on the ground. His most formidable weapons are his strikes, which he can use in standing, clinch, and ground situations with virtually identical success.

Jardine is an average defender in standing and ground situations (including submission defense), but he's slightly below average against clinch grapples and strikes. He does have extremely formidable takedown defense, however.

ON YOUR FEET

In standing situation, Jardine is average at best on offense and defense, with the exception of his standing strikes, which enjoy the benefit of his respectable strength. He has trouble on defense in the clinch, but his strikes remain solid.

Chase down opponents and stay in their faces.

TO THE MAT

Jardine can defend against takedowns with impressive skill, but he's vulnerable to throws from the clinch. He has decent submission defense, unremarkable ground striking and grappling defense, and he lacks any real skill at executing submissions or transitions to more advantageous positions. If he can get into a dominant position, his ground strikes can do some damage, but it's unlikely that he will be able to finish opponents with them until well into the fight.

Play patiently to get a chance to inflict real damage.

TAKING THE FIGHT TO JARDINE

Because Jardine's attributes and skills hover around average, it's up to you to decide how to attack him. Watch out for his strikes, but unless you're careless or vulnerable to them, they shouldn't present a knockout threat. Jardine is particularly vulnerable in the clinch, but simply play to your fighter's strengths. If you put Jardine on the defensive he has a hard time turning around the fight.

JON JONES
"BONES"

Jon "Bones" Jones was a 2005 New York state wrestling champion in high school and a national Junior College Champion at Iowa Central Community College. In 2008, he became the youngest UFC fighter on the roster and earned a unanimous decision victory at UFC 87.

Since then, Jones has assembled an impressive record of four wins—including a decision victory over Stephan Bonnar at UFC 94 and a TKO over Brandon Vera in March 2010—while suffering only one loss, a disqualification in his Ultimate Fighter Finale match against Matt Hamill. From all indications, this young phenom plans on continuing to climb the light heavyweight ladder with his innovative offensive attack.

STATISTICS

AGE >	22
BIRTHDATE >	7/19/87
WEIGHT >	205 lbs.
HEIGHT >	6'4"
REACH >	84.5"
STANCE >	Southpaw and Switch

NATIONALITY

HOMETOWN
Rochester, NY

LIVING NOW IN
Endicott, NY

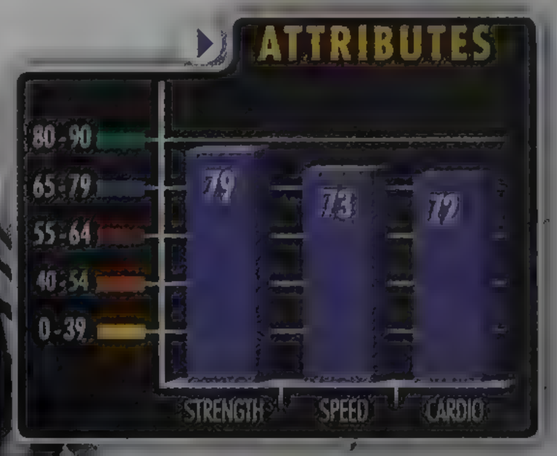
FIGHT CAMP
Greg Jackson's Gym

TRAINER
Greg Jackson

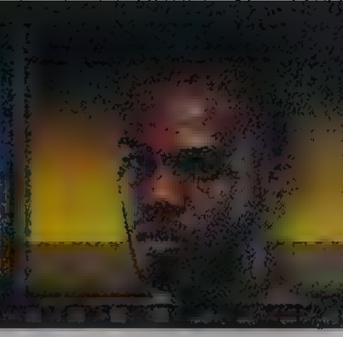
RECORD

OVERALL >	9-1-0-0
UFC >	3-1-0-0

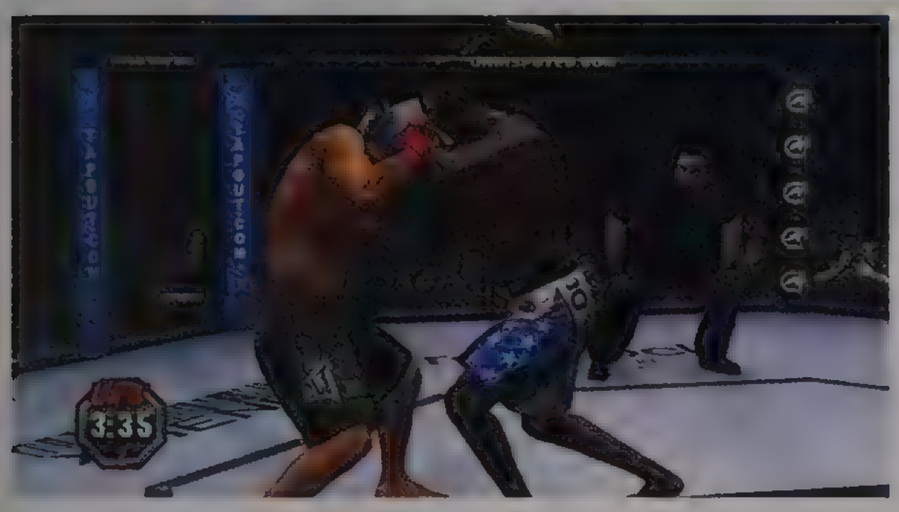
ATTRIBUTES



SKILLS



IN THE OCTAGON



Stay standing against nearly every opponent.

"Bones" Jones's best offensive techniques are strikes and kicks performed from a standing or clinch position. His remarkable strength gives his standing strikes and kicks knockout power, and he's capable of doing serious striking damage in the clinch as well.

Defensively, Jones is solid on his feet and in the clinch, and only slightly less so on the ground. He is susceptible to submissions, however, and his takedown defense is only average.

ON YOUR FEET

Use Jones' standing kicks and strikes to put his natural strength to good use. On paper, Jones is equally skilled in standing and clinch positions, so as long as you stay on your feet, you have a good chance of winning the fight.

Use kicks to attack your opponent's legs to weaken his takedown skills.

TO THE MAT

Jones has respectable clinch grapple defense, but he's less successful at defending against takedowns, so use his kicks to fend off opponents when shooting in for the takedown.

Do your best to avoid going to the ground as it becomes difficult for Jones to get the fight back to standing if the opponent is a decent grappler. Jones's ground grapple and striking offense is mediocre, he's vulnerable to submissions, and it's not hard to advance position against him.

TAKING THE FIGHT TO JONES

The easiest way to get Jones to the ground is by shooting for a takedown.

When fighting Jones, take the fight to the ground as quickly as possible. His ground grapple defense is lackluster, so you should have little trouble getting into an advantaged position. He's equally vulnerable to submissions and ground strikes, so use the one in which you have more skill.

Don't worry about Jones going on offense on the ground either; his submission and ground striking skills are below average, and his ground grapple skill is downright feeble.

CHUCK LIDDELL

"THE ICEMAN"

Chuck Liddell has a legitimate claim to the title of most feared striker in mixed martial arts history. The majority of his career victories have come via KO or TKO, with Tito Ortiz and Randy Couture each suffering a pair of defeats at the heavy hands of Liddell. After a TKO victory over Couture for the UFC Light Heavyweight Championship at UFC 52, Liddell successfully defended it an astounding four times over two years before finally succumbing to PRIDE rival Rampage Jackson at UFC 71.

With a decision victory over the legendary Wanderlei Silva at UFC 79, it seemed as if "The Iceman" was on his way back to championship gold. However, a knockout loss to Rashad Evans at UFC 88 and a TKO loss against Shogun Rua at UFC 97 set those plans back. Liddell is currently reprising his role as a coach on The Ultimate Fighter, with a match against Rich Franklin scheduled for June.

STATISTICS

AGE>	40
BIRTHDATE>	12/17/69
WEIGHT>	205 lbs.
HEIGHT>	6'2"
REACH>	76"
STANCE>	Orthodox
NATIONALITY:	
HOMETOWN:	Santa Barbara, CA
FIGHTING OUT OF:	San Luis Obispo, CA
FIGHT CAMP:	The Pit
TRAINER:	John Hackleman

RECORD

OVERALL>	21-7-0-0
UFC>	16-5-0-0

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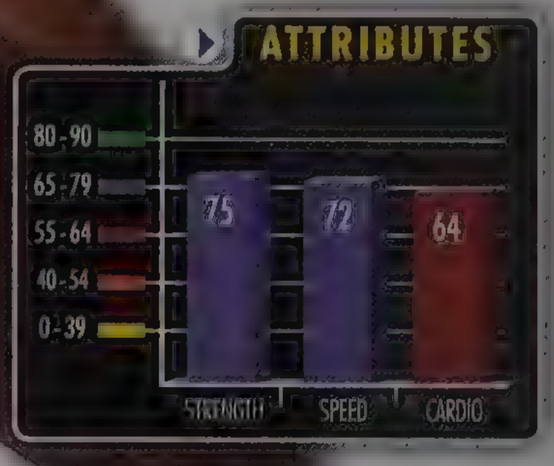

SKILLS

IN THE OCTAGON

Liddell only needs a few good punches to put the lights out, so be patient and precise with your strikes.

Two-thirds of Liddell's UFC victories have come by KO or TKO, so your strategy when fighting as Liddell is a straightforward one: remain standing at striking range as much as possible and use Liddell's standing strikes to break down your opponent's defenses and rock him.

Liddell has outstanding takedown defense, which is good, because his ground skills are his weakest point (although he does enjoy considerable submission defense). Liddell has high standing and clinch defense ratings, so don't be afraid to take a hit or two if it means that you're able to return the favor. Be aware of Liddell's less than impressive cardio, though, and don't let yourself get gassed halfway through the fight.

ON YOUR FEET

When standing, mix up your strikes and kicks to wear down opponents, and always look for a chance to score that decisive knockout blow. Liddell fights best as a counter-puncher, and his high standing defensive skills allow him to take some abuse for the sake of dishing it right back.

Focusing on counter-striking also reduces the possibility of an easy takedown or clinch, making it incredibly hard to take Liddell to the ground.

TO THE MAT

Use Liddell's stellar takedown and clinch grapple defense to their full potential to keep the fight from going to the ground, because if it winds up there, you're in trouble. Chuck has decent ground defense and terrific submission defense, but he lacks any real offensive skill in these areas.

Liddell's ground defense is solid, so don't panic if you do end up on the ground. Wait patiently for an opportunity to get back up.

TAKING THE FIGHT TO LIDDELL

Take Liddell to the ground where he's vulnerable to ground striking.

When fighting Chuck Liddell, your game plan should always be to take the fight to the ground. His standing defense is simply too good to be able to penetrate it without risking being knocked out by his heavy hands.

Taking Liddell down is no easy feat. If you have strong kick offense, wear down his vertical base with leg kicks. If you have stellar takedown or clinch grapple offense, you can try to take him down with those respective techniques. The best way to deal with Chuck is to fight defensively for a round or two, push the pace to make Liddell work harder than he wants to, then capitalize on his lack of cardio to seize the advantage in the later rounds.

LYOTO MACHIDA
"THE DRAGON"

Since entering the world of mixed martial arts in 2003, Lyoto Machida has won every single fight in which he's competed. His first three UFC fights ended in unanimous decisions, and he added a fourth UFC decision victory at UFC 84 over Tito Ortiz.

A shocking first-round KO win over Thiago Silva at UFC 94 earned Machida a UFC Light Heavyweight Championship match against the also-undefeated Rashad Evans at UFC 98. Machida knocked out Rashad in the second round of the fight, becoming the new UFC Light Heavyweight Champion. He defended his championship successfully against Shogun Rua at UFC 104.

STATISTICS

AGE> 31

BIRTHDATE> 5/30/78

WEIGHT> 205 lbs.

HEIGHT> 6'1"

REACH> 73"

STANCE> Southpaw and Switch

NATIONALITY

HOMETOWN
Salvador, Brazil

FIGHTING OUT OF
Belem, Brazil

FIGHT CAMP
Team Blackhouse

TRAINER
Yoshizo Machida

RECORD

OVERALL> 16-0-0-0

UFC> 8-0-0-0

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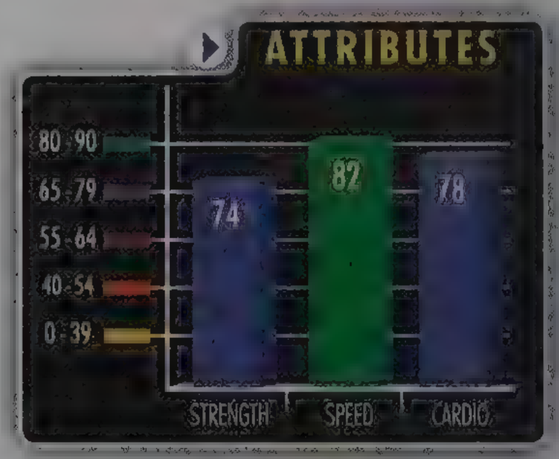


SKILLS

IN THE OCTAGON

Tailor Machida's game plan to exploit his opponent's weakness.

Lyoto Machida's entire offensive strategy depends on using his tremendous speed to counter his opponent's attacks and hit back harder. His formidable natural strength puts some power behind his strikes and kicks, and his great cardio ensures that he has the stamina to stay in the fight from bell to bell.

Machida is actually stronger defensively than he is on offense, and that's saying something. He has absolutely no weaknesses and enjoys significantly above-average defensive ratings in every category across the board.

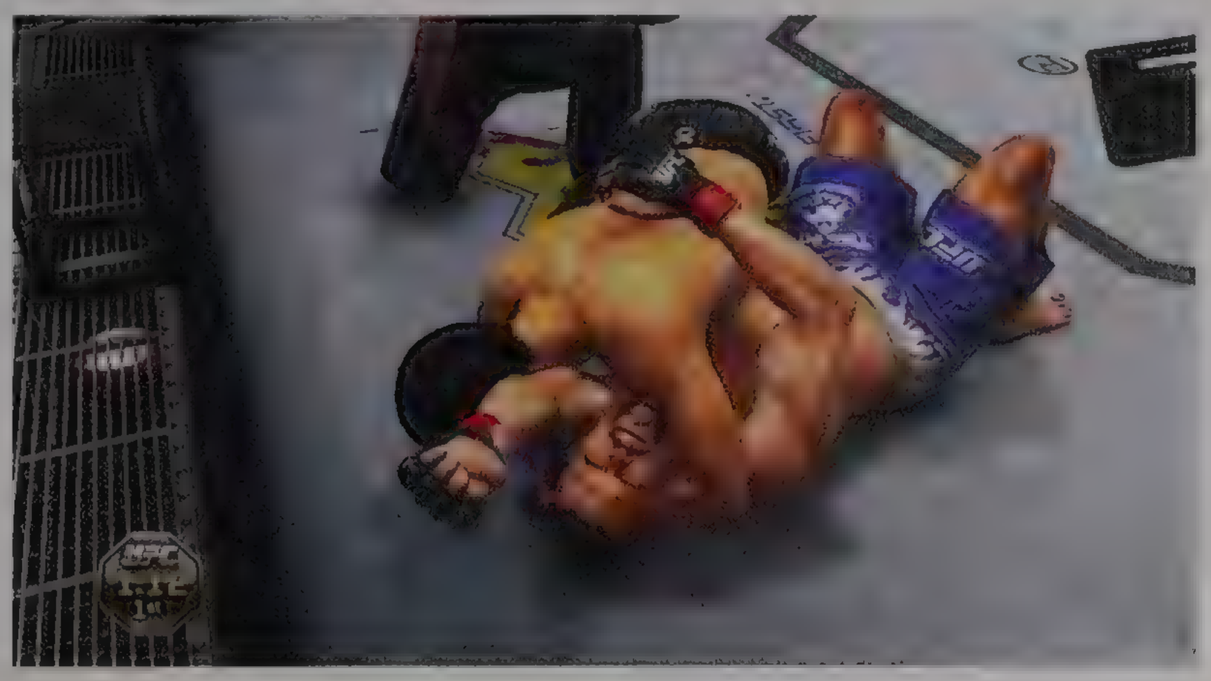
ON YOUR FEET

If both fighters are on their feet, try to remain in a standing position rather than a clinch, as Machida is stronger offensively and defensively in that situation. However, even though his offensive clinch skills are average at best, he still has incredible defense in any situation. Wait for opponents to make a move, then counter-punch to earn points and potentially end the fight with a knockout.

Machida's speed and outstanding standing game makes him an extremely good counter puncher.

TO THE MAT

Machida is a threat both on top and from the bottom. Machida has terrific takedown defense and clinch grapple defense, so there's no reason to let the fight go to the ground if you don't want it to go there. Takedowns and throws aren't Machida's strong points either, but when on the ground, Machida is practically invincible, and he has formidable ground grapple and striking skills, as well as some respectable submission offense.



A careless opponent may find Machida suddenly in a dominant position or tapping out to a submission.

TAKING THE FIGHT TO MACHIDA

Penetrating Machida's defense is extremely difficult, and because it's universally high, you might as well go with your own fighter's strongest techniques, keeping in mind that Machida will attempt to counter everything that you do. Don't bother with standing strikes or kicks unless your skills are elite.

If you have Muay Thai skills or other clinch-friendly offense, that's your best bet for doing serious damage to Machida. Your best bet for taking down Machida is a clinch throw after softening him up in the clinch. Otherwise, take the fight to the ground, where Machida is slightly less dangerous. Any way you fight him, though, you'll have your work cut out for you.

TITO ORTIZ

"THE HUNTINGTON BEACH BAD BOY"

Tito Ortiz is one of the most controversial fighters in mixed martial arts, but no one can deny that he's also one of its greatest competitors. After defeating Wanderlei Silva for the UFC Light Heavyweight Championship in 2000 at UFC 25, Ortiz successfully defended the title five times in three years before losing it via decision to Randy Couture at UFC 44.

Following a turn as a coach on The Ultimate Fighter, Ortiz fought and defeated Ken Shamrock twice. He then suffered a loss to Chuck Liddell at UFC 66, a draw against Rashad Evans at UFC 73, a loss to Lyoto Machida via unanimous decision at UFC 84, and a split decision defeat against Forrest Griffin at UFC 106.

STATISTICS

AGE> 35

BIRTHDATE> 1/23/75

WEIGHT> 205 lbs.

HEIGHT> 6'3"

REACH> 74"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Huntington Beach, CA

FIGHTING OUT OF
Huntington Beach, CA

FIGHT CAMP
Team Punishment

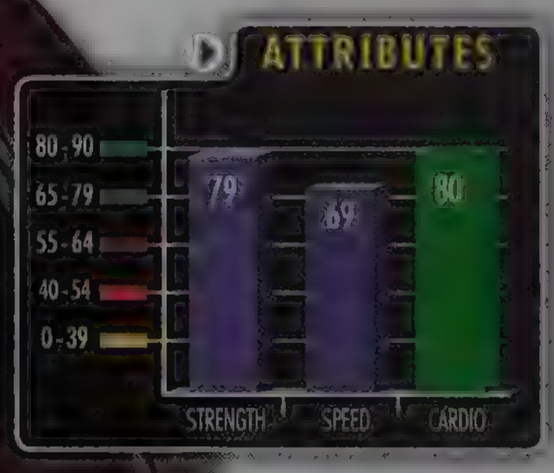
TRAINER
Saul Soliz

RECORD

OVERALL> 15-7-1-0

UFC> 14-7-1-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Tito is an offensive fighter who excels when he controls the pace and keeps opponents on the defensive.

Although Tito Ortiz seems impulsive, patience is a virtue when fighting as him. Tito has tremendous cardio, so use that to outlast opponents and wait until he's fatigued before pursuing a ground and pound offense using Tito's off-the-charts takedown and ground striking offense, augmented by his bullish strength.

Ortiz's standing defense is higher than his ground defense, so try to keep things standing as much as possible. He's particularly solid against clinch grapples and standing strikes, but ground grapples can give him trouble.

ON YOUR FEET

Tito doesn't have reliable knockout power, but a carefully timed strike can rock an opponent, giving you the opportunity to follow up and get the TKO. Remember to keep the fight standing until you think that you have a legitimate shot at finishing the fight on the ground, and don't rush things. As long as you keep your opponent working, you will probably enjoy much more stamina than him in the later rounds.

Take the fight to the clinch if you're facing a superior striker and are having trouble.

TO THE MAT

Tito's best chance to finish an opponent is with ground and pound, but only shoot for a takedown or clinch grapple when the time is right. If the fight winds up on the ground prematurely, lay in ground strikes if you get the chance; otherwise, get back to your feet as quickly as possible. Tito does not have very good ground grapple defense, so a talented grappler can advance position on him without much effort.

You can pursue early ground and pound if you are excellent at reversing grappling transitions.

TAKING THE FIGHT TO ORTIZ

Take the fight wherever your fighter has the advantage and keep Tito on the defensive.

Tito's weakest point is his lack of ground grapple defense, so take the fight to the ground as quickly as you can. His ground striking defense is only average at best, and fierce ground and pound by a strong striker who takes the mount position can finish him off quickly. Tito has fairly good submission defense, but it's nothing that a skilled submission artist can't overcome with a bit of patience and persistence.

MAURICIO RUA
"SHOGUN"

During his three-and-a-half years as a PRIDE fighter, Mauricio "Shogun" Rua had impressive victories over some of the best fighters in the world, including Rampage Jackson and Antonio Rogerio Nogueira. His only loss was a first-round TKO against Mark Coleman, which he avenged during his second UFC fight when he defeated Coleman via TKO at UFC 93.

Although his UFC debut at UFC 76 against Forrest Griffin ended with a Griffin victory, Rua defeated Mark Coleman at UFC 93 and Chuck Liddell at UFC 97 by TKO. He came up short in the decision at his UFC Light Heavyweight title match with Lyoto Machida at UFC 104.

STATISTICS

AGE >	28
BIRTHDATE >	11/25/81
WEIGHT >	205 lbs.
HEIGHT >	6'1"
REACH >	75"
STANCE >	Orthodox

NATIONALITY

HOMETOWN
Curitaba, Brazil

FIGHTING OUT OF
Curitaba, Brazil

FIGHT CAMP
Universidade Da Luta

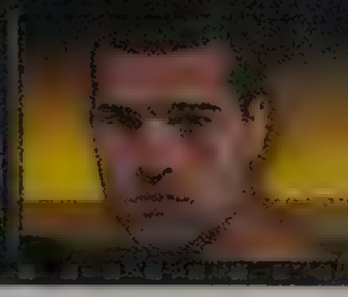
TRAINER
—

RECORD

OVERALL >	18-4-0-0
UFC >	2-2-0-0

ATTRIBUTES

SKILLS



IN THE OCTAGON

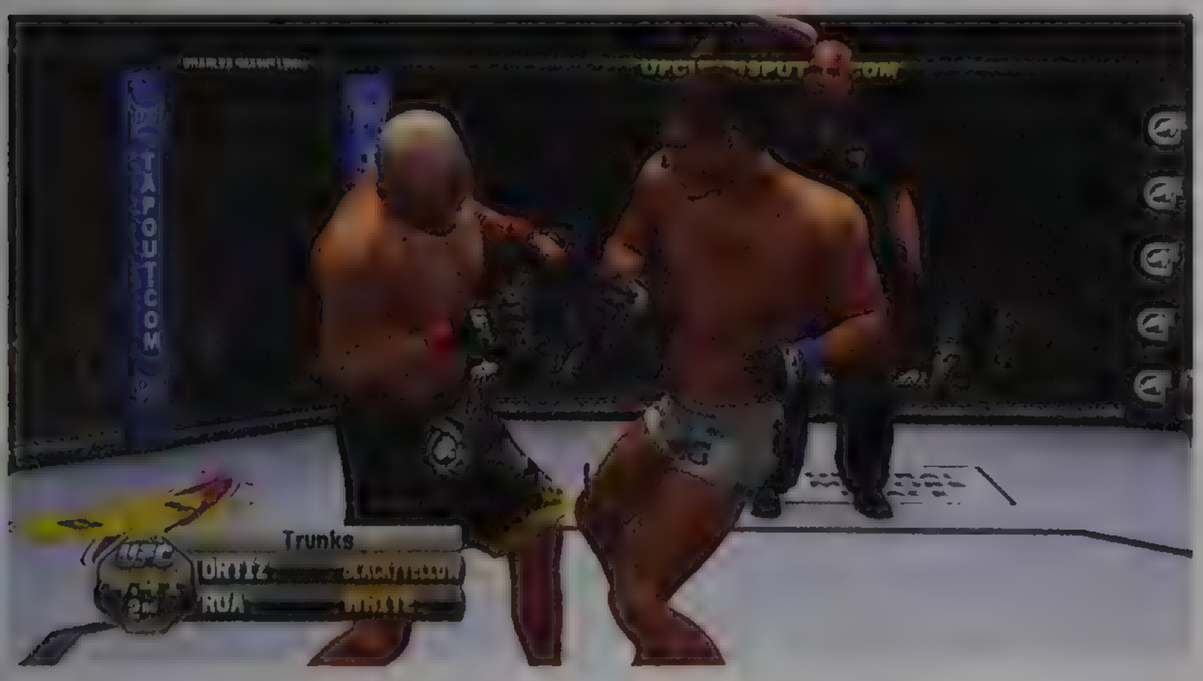
Shogun Rua is generally stronger on offense than defense, and the vast majority of his victories are first-round KOs or TKOs. Rua's most potent offensive weapons are his standing kicks, clinch strikes, clinch grapples, and standing strikes, but he's universally above-average on offense, so you should tailor your attacks to your opponent's weakest defenses.

Rua's defensive weak points are his vulnerability to clinch grapples and takedowns, but his formidable ground skills make it difficult for an opponent to do anything with him once the fight goes to the ground. Push the pace of the fight and look for the quick stoppage, since Rua's cardio is only slightly better than average, and he may start to struggle in the later rounds.

ON YOUR FEET

When the fight is standing, Rua is difficult to rock or KO, and his kicks and strikes are backed with enough strength to make him a perennial knockout threat. He's not quite as strong defensively in the clinch, especially against throws, but his offensive ratings remain very high.

Rua is fast enough to be an effective counter-puncher against most opponents as well, so don't shy away from taking a hit or two if it means that you can counter with a stronger shot.



Use kicks to dictate the range of the fight, which should frustrate opponents into being reckless, then hit them with strong counter punches.

TO THE MAT

Rua's average clinch grapple defense and low takedown defense make it difficult for him to stop an opponent from taking him down, but his tremendous ground grapple skills make it very difficult for his opponent to advance position once the fight goes to the ground. Rua's submission attempts can be dangerous to a weakened foe, but his ground and pound offense can turn just about any opponent's lights out in a hurry.

If you get taken to the ground, remain patient as your defenses are strong, and if you can land a reversal you can unleash some vicious ground and pound.

TAKING THE FIGHT TO RUA

Rua is dangerous in just about any situation, so use a fighting strategy that maximizes your fighter's greatest strengths. The good news is that it's relatively easy to take him down, if that's what you need to do. Regardless of where the fight takes place, expect a tough one. His high defense in virtually every category makes it hard to finish the fight against him, so go in expecting that you may need to win by decision.

THIAGO SILVA

Prior to his UFC debut, Thiago Silva achieved an impressive 9-0 record in the independent MMA circuit, and he didn't slow down one bit once he reached the big leagues. After three consecutive TKO victories, Silva kept his perfect record alive with a submission victory at UFC 84.

However, Lyoto Machida snapped the streak at 13 wins when he knocked out Silva one second before the end of the first round at UFC 94. Silva redeemed himself at UFC 102, when he scored a first-round knockout of his own against Keith Jardine, but he went on to lose a unanimous decision to Rashad Evans at UFC 108.

STATISTICS

AGE> 27

BIRTHDATE> 11/12/82

WEIGHT> 205 lbs.

HEIGHT> 6'1"

REACH> 74"

STANCE> Orthodox

NATIONALITY

HOMETOWN
São Paulo, Brazil

FIGHTING OUT OF
São Paulo, Brazil

FIGHT CAMP
American Top Team

TRAINER
Ricardo Liborio

RECORD

OVERALL> 14-2-0-0

UFC> 5-2-0-0

ATTRIBUTES

	STRENGTH	SPEED	CARDIO
80-90	81	71	76
65-79			
55-64			
40-54			
0-39			

SKILLS

	0-39	40-54	55-64	65-79	80-90
STANDING STRIKES OFFENSE					77
STANDING STRIKES DEFENSE					79
STANDING KICKS OFFENSE					74
STANDING KICKS DEFENSE					75
CLINCH STRIKING OFFENSE					78
CLINCH STRIKING DEFENSE					78
GROUND STRIKING OFFENSE					86
GROUND STRIKING DEFENSE					73
CLINCH GRAPPLE OFFENSE					74
CLINCH GRAPPLE DEFENSE					76
TAKEDOWN OFFENSE					76
TAKEDOWN DEFENSE					73
GROUND GRAPPLE OFFENSE					79
GROUND GRAPPLE DEFENSE					76
SUBMISSION OFFENSE					69
SUBMISSION DEFENSE					75

IN THE OCTAGON

Look for opportunities to take the fight to the ground where Silva can unleash his vicious ground and pound.

With his great strength, Thiago Silva is a naturally gifted striker whose record is dominated by KO and TKO victories. Although he's a good standing striker and solid in the clinch, he's in his element on the ground, where his striking and grappling offense can dominate most opponents.

His ground and submission defense are both formidable as well, so even in a disadvantaged position, Silva isn't necessarily in trouble. Soften up opponents with standing kicks and strikes before going for the takedown and unleash some heavy ground and pound. Work quickly, because Silva's cardio is only slightly above average, and all but one of his UFC victories have come in the first round.

ON YOUR FEET

Whether in the clinch or standing at striking range, Thiago Silva is capable of absorbing punishment and dishing it out in kind. Tailor your attacks to your opponent's weaknesses and rely on Silva's overwhelming strength to add the brute force necessary to get the job done.

Use leg kicks occasionally to soften up opponents and make them easier to take down.

TO THE MAT

Silva is a triple threat on the ground. His submission offense is average, but he's capable of exploiting an injured or exhausted opponent's weakness against submissions. His ground grapple skills are solid, enabling him to advance his position and stand a good chance of countering and reversing his opponent's transitions. It's his ground and pound offense that really sets him apart. Few opponents can withstand it for long. Once you have the advantage on the ground, don't give it up. Avoid unnecessary transitions and block or reverse any escapes.

TAKING THE FIGHT TO SILVA

Keeping Silva on the defensive is important. He's weakest on the ground when he's in a disadvantaged position.

Silva is significantly stronger on offense than he is on defense, so the most important thing to remember is to keep him on the defensive. His strength gives him knockout potential when striking in any situation, and you don't want to wind up under him on the ground.

However, his ground striking defense is only average, and his ground grapple and takedown defense is only slightly better, so a talented ground fighter can fight in Silva's element and come out on top.

WANDERLEI SILVA

"THE AXE MURDERER"

A true legend of the MMA world, Wanderlei Silva spent much of his career dominating opponents in PRIDE, where he reigned as the PRIDE Middleweight Champion from 2001 to 2007. From 2000 to 2004, he was undefeated in 18 fights, including a pair of victories over Rampage Jackson and a win over Dan Henderson.

Silva returned to the UFC for the first time since 2000 to meet Chuck Liddell at UFC 79. The result was a hard-fought decision loss to the "Iceman," which Silva promptly made up for with a first-round knockout of Keith Jardine at UFC 84. He then met his old PRIDE rival, Rampage Jackson, at UFC 92, where Rampage avenged his two previous losses by knocking out Silva in the first round. "The Axe Murderer" lost a 195-lb. catch weight bout against Rich Franklin at UFC 99 but went on to defeat Michael Bisping by unanimous decision at UFC 110.

STATISTICS

AGE>	33
BIRTHDATE>	7/3/76
WEIGHT>	205/185 lbs.
HEIGHT>	5'11"
REACH>	74"
STANCE>	Orthodox and Switch

NATIONALITY

HOMETOWN
Curitiba, Brazil

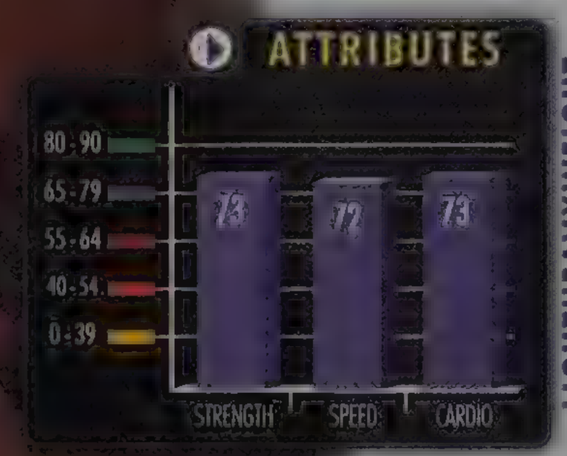
FIGHTING OUT OF
Las Vegas, NV

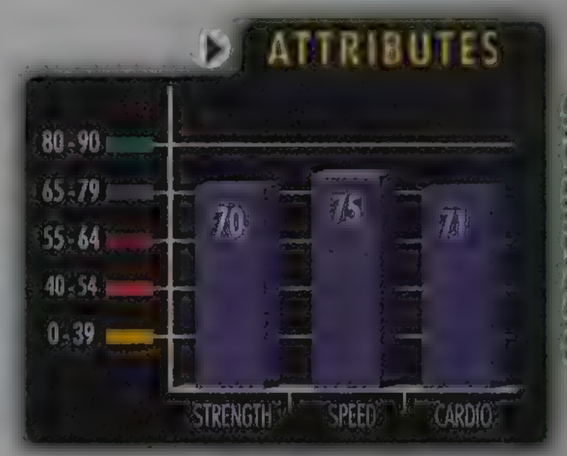
FIGHT CAMP
Wand Fight Team

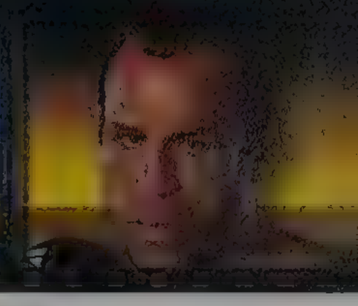
TRAINER
Rafael Cordeiro

RECORD

OVERALL>	33-10-1-1
UFC>	3-5-0-0







IN THE OCTAGON

Like most Muay Thai fighters, Wanderlei Silva is strongest in the clinch, where his tremendous speed and offensive abilities can make short work of most opponents. When fighting as Silva, everything you do should be a set-up for the clinch. Silva's strikes and kicks can stun opponents long enough to move in and grab them.

Silva is such an offense-focused fighter that his defense suffers as a result. Although his defensive skills in the clinch are fairly sharp, his standing defense is only average, as is his ground striking defense and takedown defense. However, he does have solid ground grapple defense and submission defense, so he's far from helpless if the fight goes to the ground.

ON YOUR FEET

When standing at striking range, always look for an opportunity to draw opponents into the clinch, and pepper them with standing strikes and kicks. Once you're in the clinch, unload on your opponent with a flurry of attacks to bring a quick end to the fight. Silva can stand and strike with an opponent, but his lackluster standing defense makes that a risky proposition.

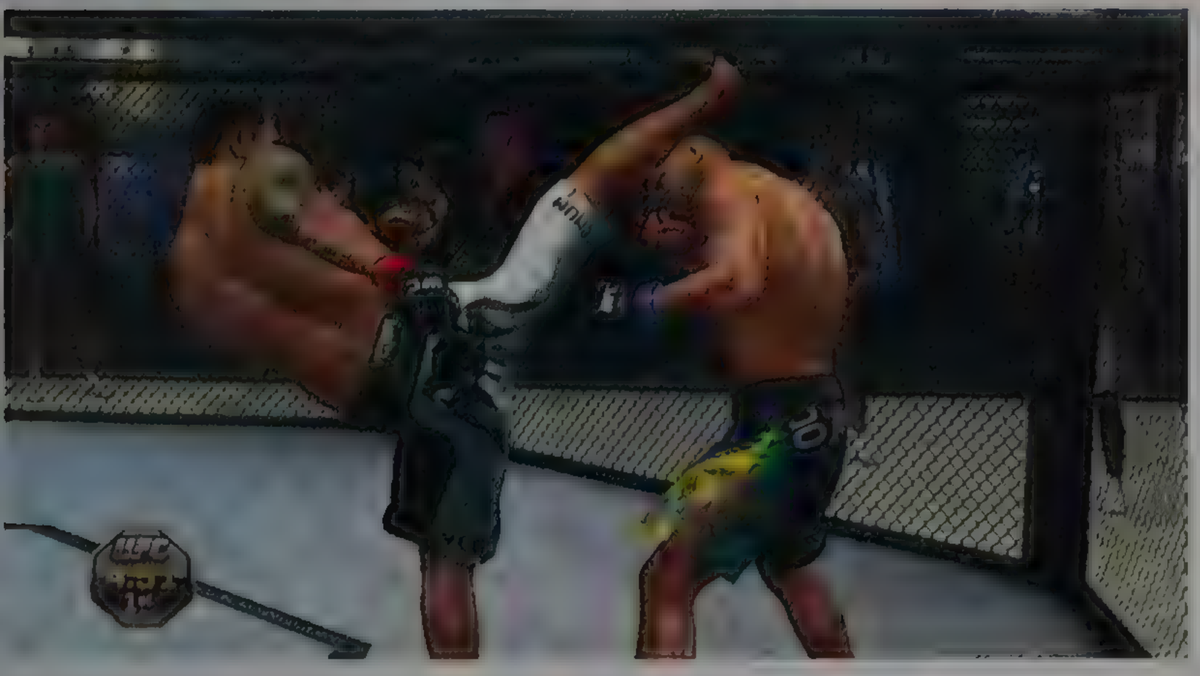
Stay on the offensive and work towards a dominant position in the clinch where Silva can limit his opponent's striking ability.

TO THE MAT

On the ground, Silva is defensively solid, but he does not excel offensively. His submission offense is practically non-existent, his ground grapple offense is weak, but his ground strikes are as formidable as his standing strikes. There's no reason for Silva to stay on the ground if he can help it, so always be looking for a way to get back to a standing position if the fight winds up there.

Silva cannot afford to attempt risky transitions on the ground. You must wait for reversal attempts to change positions against most fighters.

TAKING THE FIGHT TO SILVA



Push the offense against Silva in your fighter's area of expertise, as long as it's not the clinch.

When facing Silva, do everything in your power to avoid the clinch, where Silva is absolutely deadly. If your fighter is better on his feet, step out of the way to remain at striking distance and pepper Silva with hard shots; his standing defense is nothing special.

If your fighter is more grappling focused, shoot for the takedown—not the throw!—and try to transition into a dominant position where you can unleash strikes on him, as his submission defense is much more formidable than his ground strikes defense.

KRZYSZTOF SOSZYNSKI

"THE POLISH EXPERIMENT"

A former Canadian professional wrestler, Soszynski proved that he was a legitimate fighter when he competed on The Ultimate Fighter, winning his first two bouts before losing his semifinal match.

Soszynski was given a fight at The Ultimate Fighter Finale, which he won via arm lock, earning Submission of the Night honors. In his UFC career, he has four wins and only one loss, a unanimous decision against Brandon Vera at UFC 102 that didn't go his way. With a TKO victory over Stephan Bonnar at UFC 110, Soszynski showed that he can still compete with the best fighters that the UFC has to offer.

STATISTICS

AGE>	32
BIRTHDATE>	8/2/77
WEIGHT>	205 lbs.
HEIGHT>	6'1"
REACH>	77.5"
STANCE>	Southpaw and Switch

NATIONALITY:

HOMETOWN:
Stalowa Wola, Poland

FIGHTING OUT OF:
Temecula, CA

FIGHT CAMP:
Team Quest

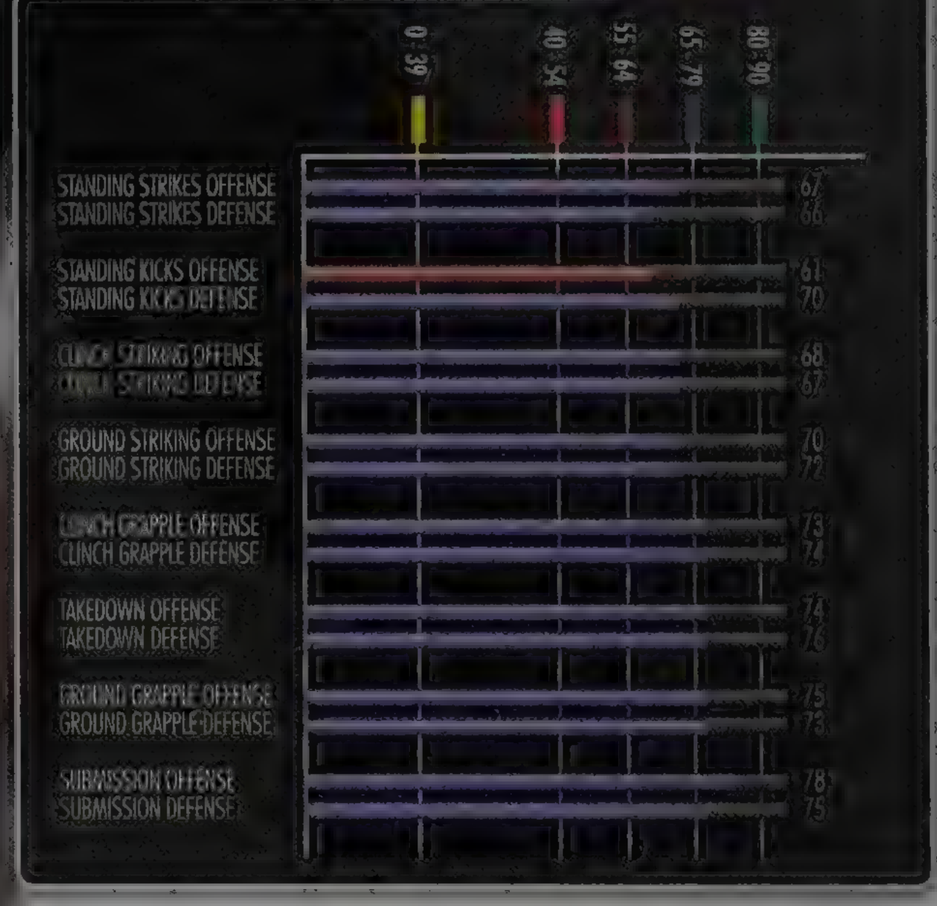
TRAINER:
—

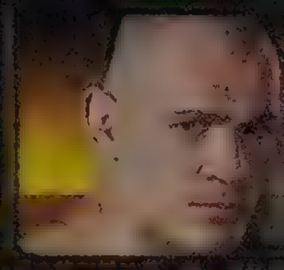
RECORD

OVERALL>	19-9-0-0
UFC>	4-1-0-0

ATTRIBUTES

SKILLS





IN THE OCTAGON

Look for opportunities to take the fight to the ground, as that is Soszynski's best chance at winning.

Krzysztof Soszynski isn't the fastest fighter, but he has decent strength and good cardio, which helps him survive later into fights when his opponents start to run out of steam. He is primarily a submission fighter, so your general strategy should be to take opponents to the mat, advance your position and force them to tap out.

Defensively, Soszynski is fairly average across the board, although his defense is more solid when he's on the ground. He is particularly vulnerable to standing and clinch strikes, and he has decent submission and takedown defense.

ON YOUR FEET

The longer a fight stays standing, the worse Soszynski's odds of victory become. Other than some slightly above-average clinch grapple skills, he lacks offensive power and defensive ability in standing and clinch situations. Take the fight to the ground as quickly as possible. Shoot for a takedown or a clinch throw, whichever your opponent is weakest against.

TO THE MAT

On the ground, Soszynski has the advantage of some fairly good ground grapple skills and powerful submissions, although his ground striking is average at best. Defensively, he's in much better shape on the ground than when he's standing or in the clinch.

Unfortunately, it's difficult to submit most opponents until they're weakened or fatigued. Plan to do some ground and pound to soften them up first.

TAKING THE FIGHT TO SOSZYNSKI

Soszynski is particularly vulnerable to a talented striker.

Keep Soszynski on his feet if you want to finish the fight. He is particularly vulnerable to standing and clinch strikes, and his lack of speed prevents him from countering or reversing effectively. If the fight goes to the ground, go after him with ground strikes, only using submissions if your fighter is particularly skilled with them.

BRANDON VERA

"THE TRUTH"

Brandon Vera came to the UFC Heavyweight Division in late 2005 and made an immediate impact by picking up a TKO victory halfway through the second round of his fight at Ultimate Fight Night 2. He followed that up with three more wins in 2006, the last of which was a brutal first-round TKO against former UFC Heavyweight Champion Frank Mir. However, 2007 was less kind to Vera, as he suffered a broken hand in his only fight of the year, which he lost via unanimous decision to Tim Sylvia. His comeback fight against Fabricio Werdum at UFC 85 also ended in defeat.

After the Werdum fight, Vera dropped down to the UFC Light Heavyweight Division, where he has notched two victories and a narrow split-decision loss to Keith Jardine. Since then, he has earned a pair of victories at UFC 96 and 102, followed by a decision loss to Randy Couture at UFC 105 and a TKO loss to Jon Jones. With an impressive record to his credit and a history of big wins in two divisions, Brandon Vera has proven that "The Truth" hurts.

STATISTICS

AGE>	32
BIRTHDATE>	10/10/77
WEIGHT>	235/205 lbs.
HEIGHT>	6'3"
REACH>	76"
STANCE>	Orthodox and Switch

NATIONALITY

HOMETOWN
Norfolk, VA

FIGHTING OUT OF
San Diego, CA

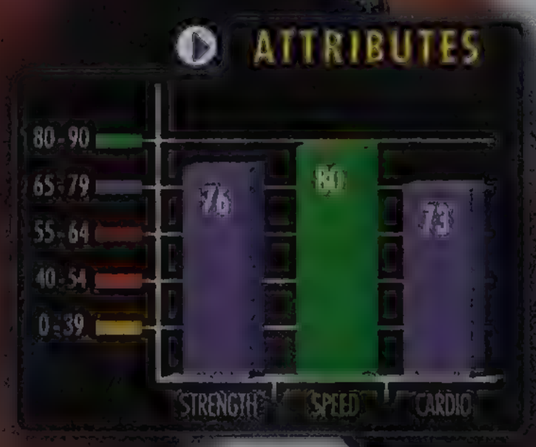
FIGHT CAMP
Alliance Center

TRAINER
Lloyd Irvin

RECORD

OVERALL>	11-4-0-0
UFC>	9-4-0-0

ATTRIBUTES

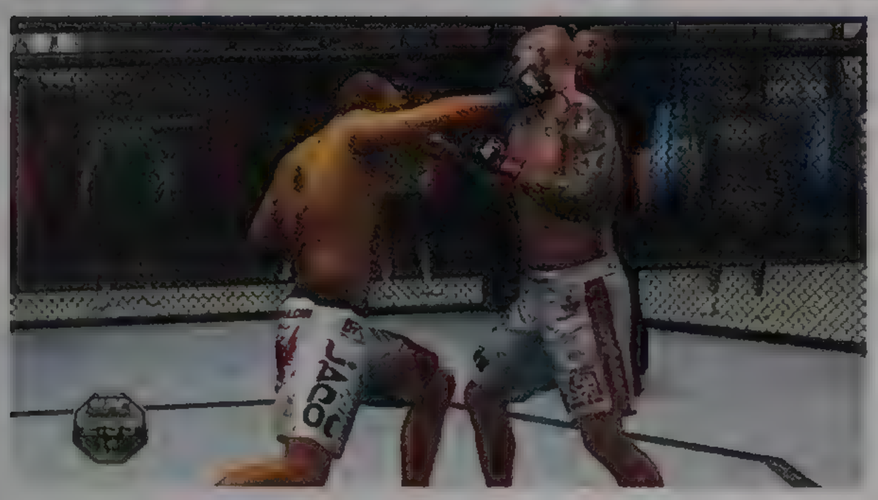


ATTRIBUTES

HEAVYWEIGHT

SKILLS

IN THE OCTAGON



Use Vera's kicks to keep ground fighters at bay and move in to clinch to neutralize talented strikers.

His Muay Thai training gives him a significant offensive advantage in the clinch, whether grappling or striking. Push the pace of the fight early on with an early KO or TKO victory in mind. Vera is so fast and strong that he's a perpetual knockout threat as long as he's on his feet. Pick your spots and counter-strike effectively to bring the pain to your opponent.

Defensively, Vera is strongest when standing with an opponent. He gets in trouble on the ground against a skilled ground and pound fighter, so stay standing or in the clinch as much as possible.

ON YOUR FEET

Vera's power is all in his legs. His kicks can cut an opponent down to size, and the knees that he throws in the clinch are literally bone-crushing. He also has dominant clinch grapple offense, but don't use it to take opponents to the ground, because Vera is below average offensively when the fight goes to the mat. Use Vera's powerful kicks to weaken the vertical base of your opponent and degrade his takedown skills to keep the fight standing.

TO THE MAT

Vera struggles when the fight goes to the ground. The only bright spot in his ground game is his respectable submisson defense. Apart from that, he has very little ground defense, and his ground offense is not much of a threat. If the fight goes to the ground, do whatever it takes to bring it back to a standing position. Look to reversal a transition to take the dominant position, then get back on your feet.

TAKING THE FIGHT TO VERA

Keep your transitions to a minimum to minimize Vera's chances of an easy escape.

Letting Vera pull you into a clinch is an excellent way to lose the fight in a hurry. Even standing toe-to-toe with Vera can be a recipe for disaster. Instead, shoot for takedowns, transition to advantageous positions, and unleash a ground and pound offense as Vera has a tough time handling it. If you have truly elite submission skills, you can try to make him tap out, but keep in mind that submission defense is the only area of the ground game where Vera excels.

YOSHIHIRO AKIYAMA

Yoshihiro Akiyama is a world-renowned black belt in judo who won the gold medal at the 2001 Asian Championships and 2002 Asian Games, among other prestigious awards. He entered the world of mixed martial arts in 2004 and accrued a dominating 12-1-0-2 record, including a knockout victory over Denis Kang.

Akiyama's first UFC fight was against Alan Belcher at UFC 100. Not only did Akiyama win the split decision victory, his debut was also awarded Fight of the Night honors.

STATISTICS

AGE>	34
BIRTHDATE>	7/29/75
WEIGHT>	185 lbs.
HEIGHT>	5'10"
REACH>	75"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Osaka Japan

FIGHTING OUT OF
Osaka Japan

FIGHT CAMP
Team Cloud

TRAINER
—

RECORD

OVERALL>	13-1-0-2
UFC>	1-0-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

Yoshihiro Akiyama is a well-rounded fighter with impressive speed and cardio. He is universally solid on offense, with particular skill in clinch grappling, ground grappling, and submissions, so if your opponent has weak submission defense, you're in luck.

Akiyama is not as strong defensively as he is offensively, although his defensive strengths mirror his offensive strengths. His weakest defensive skills are against strikes in any situation, and he also has trouble resisting takedown attempts.

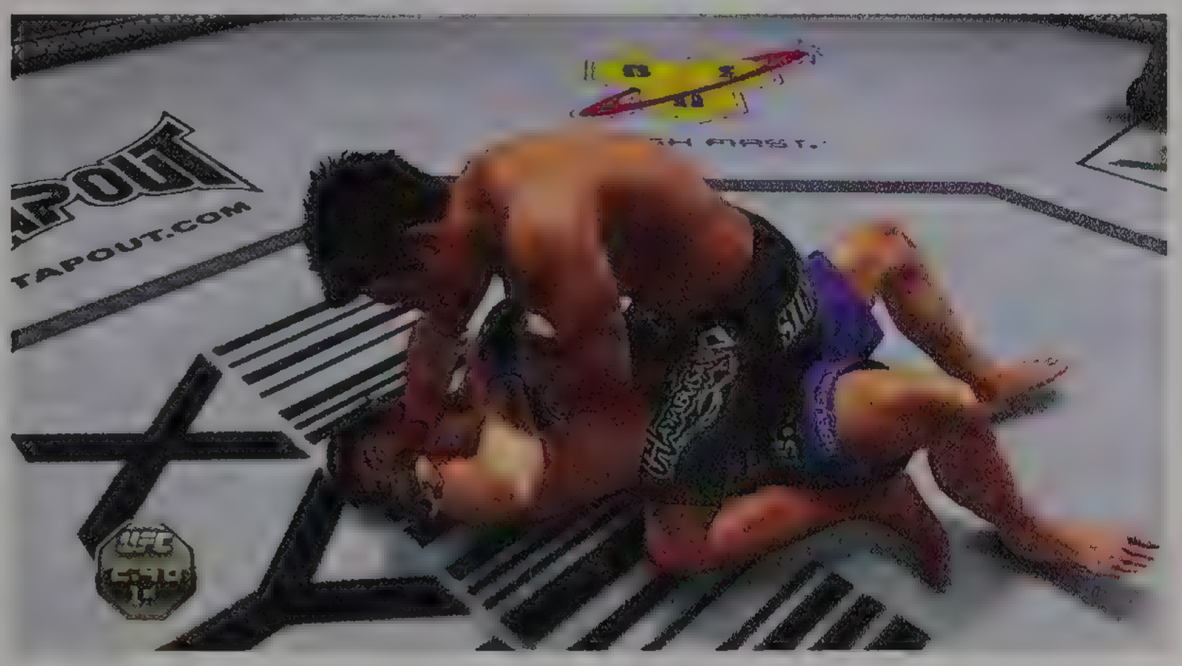
ON YOUR FEET

Akiyama has considerable skill in both standing strikes and kicks, but he lacks the strength to be a one-punch knockout artist. His standing defense is only average. He doesn't strike as well in the clinch, nor does he defend against clinch strikes very well, but his clinch grapple skills are solid.

Look for predictable strikes to score an easy takedown or go into the clinch for a throw. You want the fight on the ground.

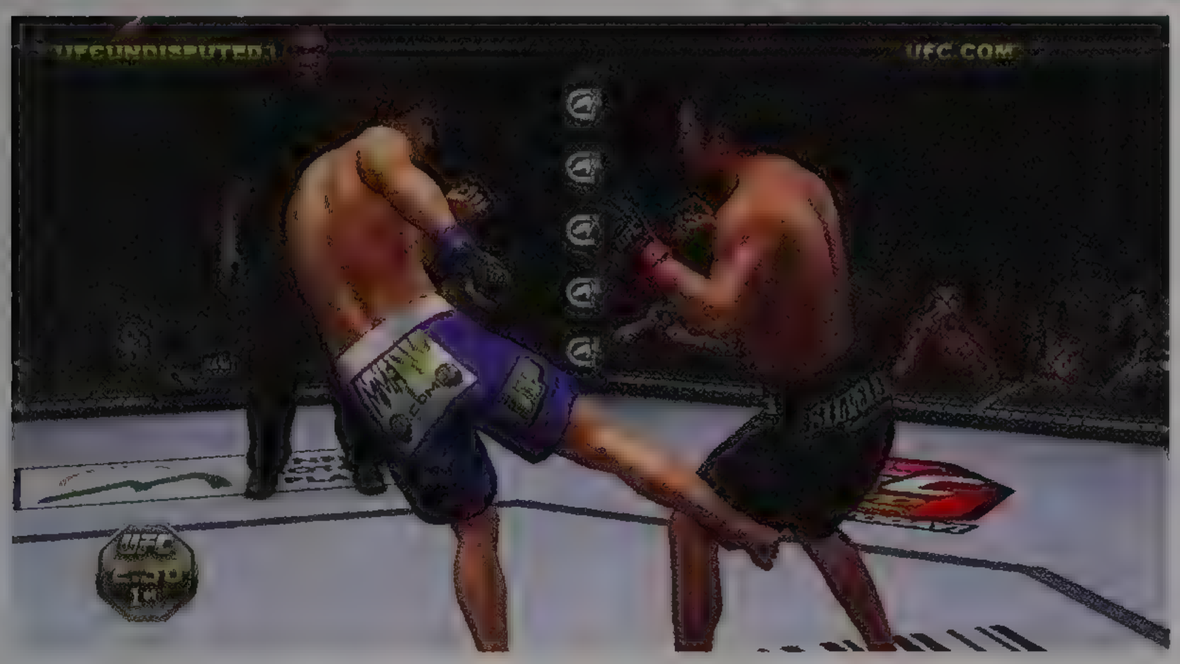
TO THE MAT

Akiyama's ground offense is on par with his standing offense, so tailor your attack strategy to your opponent's weaknesses. However, keep in mind that Akiyama is defensively stronger on the ground than in a standing position. He has impressive takedown offense and even better clinch grapple offense, so bringing an opponent to the mat shouldn't be difficulty.



Look to finish the fight with ground and pound and possibly a submission against a tired or weakened opponent.

TAKING THE FIGHT TO AKIYAMA



If your fighter has a superior standing game, fight at your kick range.

Although Akiyama has offensive skill that needs to be respected, his defense is generally mediocre. All things being equal, your best strategy is to fight him in a standing position, where he is defensively weaker. If you have extremely solid ground skills, there's no reason not to go to the mat with him and look for a TKO or submission victory.

RICARDO ALMEIDA

"BIG DOG"

Ricardo Almeida competed in the early days of the UFC, appearing at UFC 31, UFC 33, and UFC 35. His TKO loss at UFC 35 was his not only his last UFC appearance for six years, it was also his last loss for more than half a decade.

Almeida ran up a six-fight winning streak in PRIDE and the independent MMA circuit before taking a three-year hiatus to focus on his Hamilton, NJ Jiu-Jitsu school. He made his UFC return at UFC 81, with a first-round submission victory. Since then, he's gone 3-1, defeating Matt Horwich, Kendall Grove, and Matt Brown, with his only loss coming by split decision to Patrick Cote.

STATISTICS

AGE> 33

BIRTHDATE> 11/29/76

WEIGHT> 185 lbs.

HEIGHT> 6'0"

REACH> 74"

STANCE> Orthodox

NATIONALITY

HOMETOWN
New York, NY

FIGHTING OUT OF
Hamilton, NJ

FIGHT CAMP
Ricardo Almeida Jiu-Jitsu

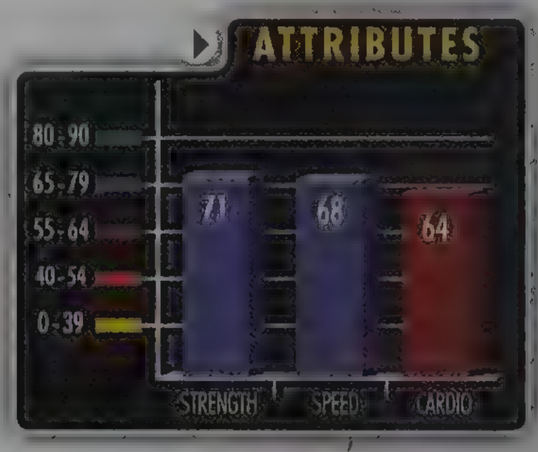
TRAINER
Renzo Gracie

RECORD

OVERALL> 11-3-0-0

UFC> 4-3-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

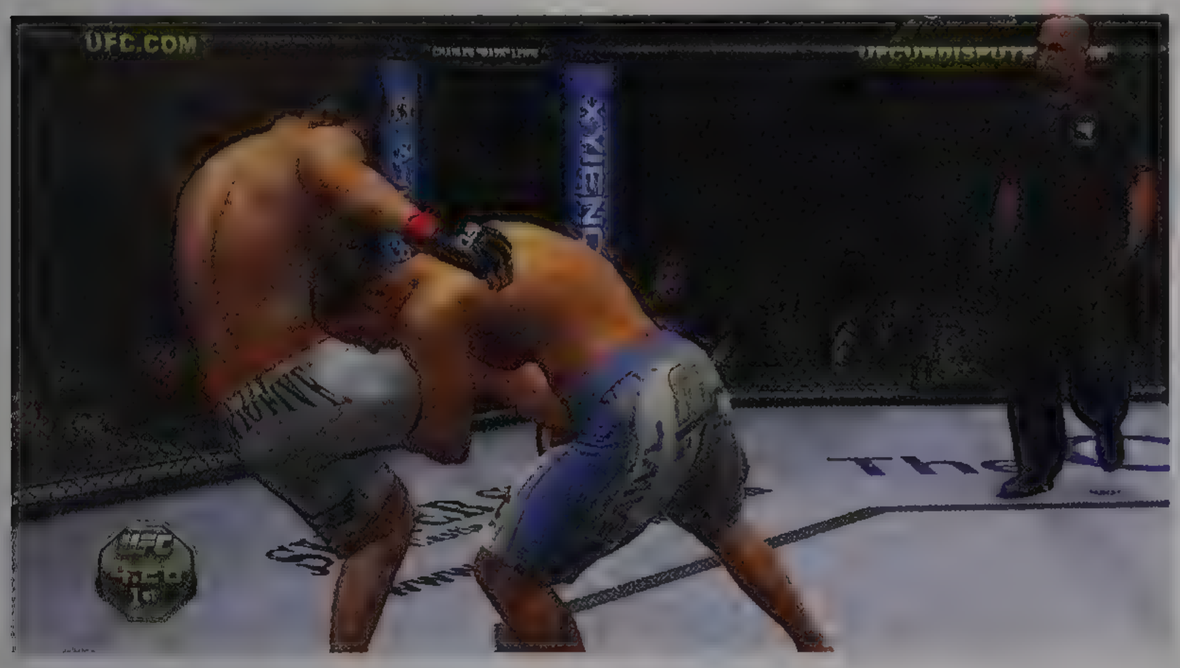
Take the fight to the ground to have a good shot at winning.

Almeida is a dangerous submission fighter who won all of his non-decision victories with a chokehold. His takedown offense is slightly above average, but his ground grapple and submission skills are among the sharpest in the UFC. He's not much of a striker, although his kicks contain some pop.

Defensively, Almeida is much stronger on the ground than he is in a standing position or in the clinch. He's difficult to tap out, and he's capable of taking more ground strike punishment than he dishes out. He doesn't resist takedowns very well, but his ground grapple skill lets him take advantage when he finds himself on defense on the ground.

ON YOUR FEET

Don't stand toe-to-toe with any fighter who has strong striking skills. Almeida's standing strikes offense and defense is below average, and his clinch grapple skills are even worse. His kicks help to erode an opponent's vertical base and takedown ability, but he risks getting rocked if he tries to stand and trade blows with a striker.



You should only be standing to work your opponent's legs with kicks but constantly look for an opportunity to shoot for the takedown.

TO THE MAT

The ground is Almeida's element. His ground defense is universally above-average, including submission defense, and he has tremendous submission and ground grapple offense. He's not much of a ground striker, though, and his cardio is on the low side, so he's in danger of running out of gas if a better conditioned opponent pushes the pace.

Use ground striking sparingly to soften up opponents and let them tire themselves out on the ground game. When an opponent is weakened or tired, go for the submission.

TAKING THE FIGHT TO ALMEIDA

Almeida's two greatest weak points are his lack of cardio and his poor standing and clinch defense. Keep the fight standing as much as possible, since you have little to fear from his strikes and can do some serious damage to him with your own.

Although you can take Almeida down at will, thanks to his low takedown and clinch grapple defense, his superior ground grapple and submission skills make him a dangerous ground fighter, so be careful not to put him in a position from which he can fight effectively.

ALAN BELCHER

"THE TALENT"

After compiling a 9-2 record in the independent MMA circuit, Alan Belcher came to the UFC and suffered a decision loss to Yushin Okami at UFC 62. Belcher has amassed a record of six wins and four losses, beating welterweights like Wilson Gouveia and Denis Kang in a variety of ways, including guillotine choke submissions and TKOs.

STATISTICS

AGE>	26
BIRTHDATE>	4/24/84
WEIGHT>	185 lbs.
HEIGHT>	6'2"
REACH>	75"
STANCE>	Orthodox and Switch

NATIONALITY

HOMETOWN
Jonesboro, AR

FIGHTING OUT OF
Biloxi, MS

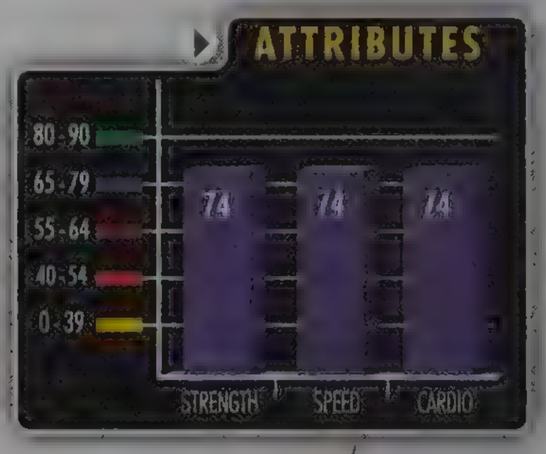
FIGHT CAMP
Remix MMA

TRAINER
Duke Roufus

RECORD

OVERALL>	15-6-0-0
UFC>	6-4-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Alan Belcher has moderately above-average attributes across the board and a very well rounded skill set. He is capable of holding his own offensively on his feet or on the ground, although he's only average at best in the clinch. His versatile fighting style lets him zero in on an opponent's weaknesses and exploit them.

Defensively, Belcher lacks any particular weaknesses, although there are some areas (like submissions and ground striking) where his defense is only average. He does resist takedowns and ground grapples quite well, however.

ON YOUR FEET

Alan Belcher's standing strikes are his most potent offensive weapon, and his kicks have some snap to them as well. If your opponent has average standing defense or worse, keep the fight standing and pick him apart with carefully timed blows. Against the right opponent, and with good timing, Belcher is capable of rocking or even KO'ing an adversary.

Belcher is slightly better up close with punches, and can clinch if he gets in trouble.

TO THE MAT

Defensively, Belcher is stronger on the ground than he is on his feet, and he has respectable submission and ground striking offense (though his ground grappling offense is limited). If your opponent lacks good ground game, this is the strategy to pursue against him.

Be patient and avoid being too aggressive with transitions. Posture up to deliver strikes and watch to reverse transitions.

TAKING THE FIGHT TO BELCHER

Because Belcher is such a well rounded fighter with no glaring weaknesses or outstanding strengths, you need to understand your own fighter's strongest abilities and fight according to those. If you fight carefully and don't exhaust yourself, you don't need to worry about a single mistake ending the fight for you.

VITOR BELFORT

"THE PHENOM"

Former UFC Light Heavyweight Champion Vitor Belfort is one of the true legends of UFC. Making his debut at UFC 12 at the age of 19, Vitor became the youngest competitor to earn a victory inside the Octagon. He quickly racked up three UFC victories before his first defeat at the heavy hands of UFC Hall of Famer Randy Couture, the only man to ever defeat him twice.

In his three UFC runs, Vitor owns a record of eight wins and four losses, with TKO and knockout victories over Wanderlei Silva, Randy Couture, Rich Franklin and others. His only losses have come against true giants of the UFC: Chuck Liddell, Randy Couture, and Tito Ortiz.

STATISTICS

AGE>	33
BIRTHDATE>	4/1/77
WEIGHT>	205/185 lbs.
HEIGHT>	6'0"
REACH>	73"
STANCE>	Southpaw

NATIONALITY

HOMETOWN
Rio De Janeiro, Brazil

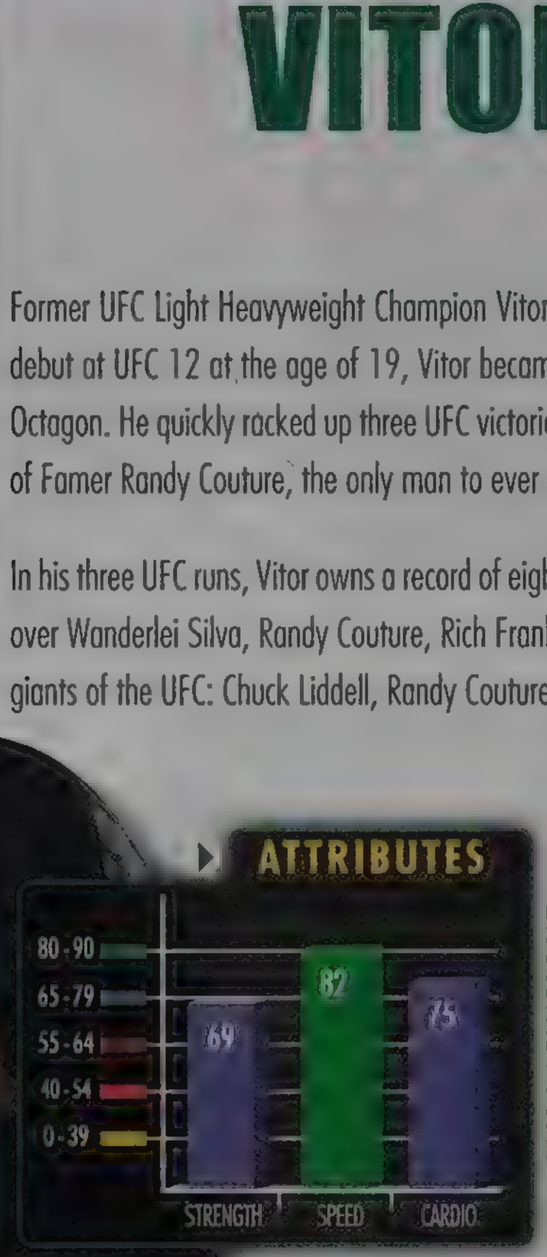
FIGHTING OUT OF
Rio De Janeiro, Brazil

FIGHT CAMP
Xtreme Couture

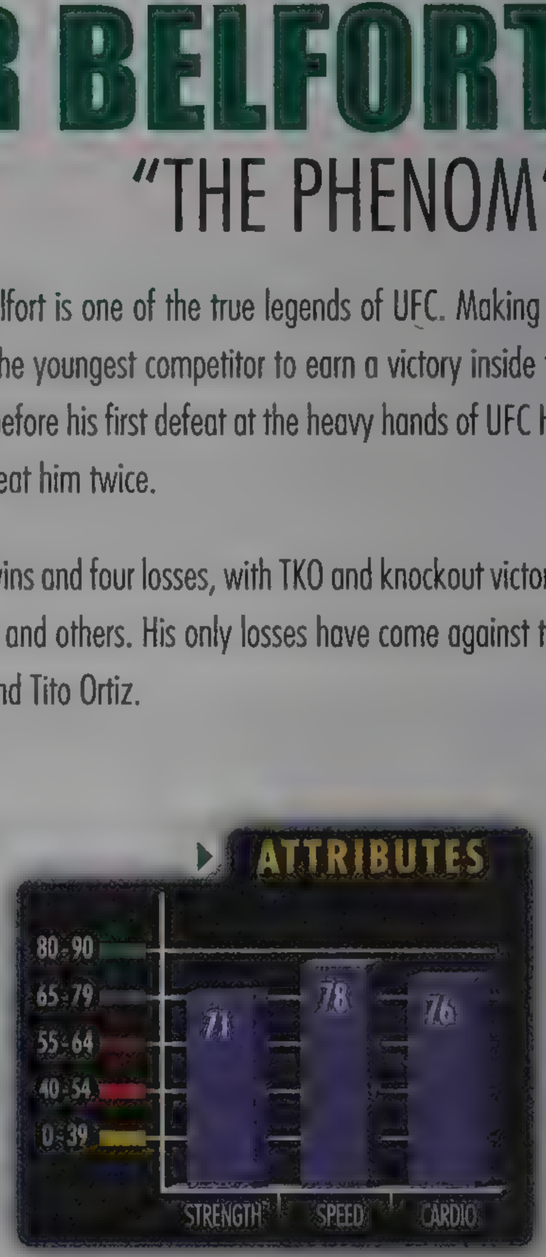
TRAINER
Shawn Tompkins

RECORD

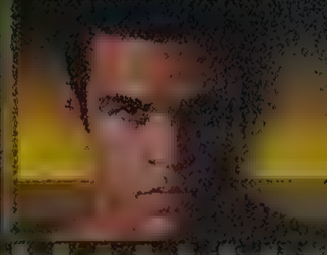
OVERALL>	19-8-0-0
UFC>	8-4-0-0



MIDDLEWEIGHT



LIGHTHEAVYWEIGHT



IN THE OCTAGON

Belfort's counter-punches have knockout power. Use his speed to exploit this.

Vitor is a truly elite standing striker, with legitimate one-punch knockout power. He's nearly as lethal of a ground striker, capable of putting away opponents in a hurry if he establishes a dominant ground position. In all other offensive categories, Vitor is at least of average skill.

He can take as good as he gives. Vitor has incredible standing defense, and he's virtually impossible to tap out. His ground grapple defense is tremendous, and his takedown defense is nearly as strong. His only weakness—if you can even call it that—is that his clinch striking defense is only average.

ON YOUR FEET

If you can keep the fight standing, you have an excellent chance of putting away opponents by TKO or knockout. Not only does Vitor have terrific standing strikes offense, he is so fast that he can counter-punch with the best of them. Unless you get sloppy, it's unlikely that you have anything to fear from an opponent's punches and kicks.

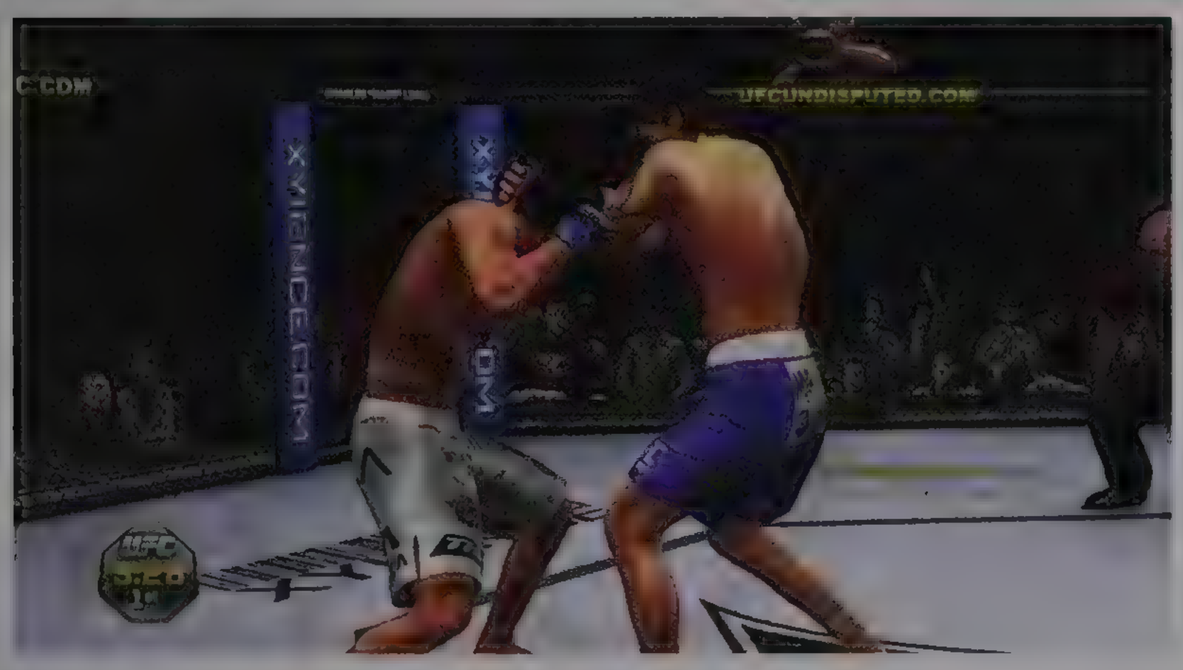
Don't allow your opponent to clinch and punish any reckless takedown attempts.

TO THE MAT

Vitor's offense doesn't translate to the ground game well, but he's extremely strong defensively, and he's difficult to take down. If the fight goes to the ground and you manage to get into an advantaged position, it's worth trying to unload with some ground strikes, but Vitor's best chances for victory always come when he is standing with his opponent.

When on top, don't push for transitions. Instead, posture up and unleash some ground and pound. Make opponents to try to escape, then reverse to get an even better position.

TAKING THE FIGHT TO BELFORT



Fight Vitor in the clinch or on the ground, but be careful on the ground as you don't want to Belfort to end up on top.

Fighters who excel in the clinch have the best chance at defeating Vitor, assuming they can get past his lightning fast knockout punches. Very few strikers have what it takes to hang with Vitor in a toe-to-toe duel.

If your fighter has excellent ground offense, you should take Vitor to the mat and work him over patiently. Don't be overly concerned with his ground offense, but keep in mind that his ground defense is universally strong, so you might be looking at a decision victory instead of a stoppage.

MICHAEL BISPING

"THE COUNT"

Michael "The Count" Bisping came to the UFC via season three of The Ultimate Fighter, where he trained under Tito Ortiz and became the second light heavyweight (after Forrest Griffin) to be crowned the Ultimate Fighter. Since then, Bisping blazed a path of destruction through the UFC Light Heavyweight Division, until he suffered a split decision loss against former UFC Light Heavyweight Champion Rashad Evans at UFC 78.

Following his only loss, Bisping dropped down to the UFC Middleweight Division, where he went undefeated over three fights before suffering his first-ever knockout loss to Dan Henderson, his rival coach from the ninth season of The Ultimate Fighter. Bisping redeemed himself with an impressive TKO win over Denis Kang at UFC 105. Three months later, he lost the decision against Wanderlei Silva at UFC 110.

STATISTICS

AGE>	31
BIRTHDATE>	2/28/79
WEIGHT>	205/185 lbs.
HEIGHT>	6'2"
REACH>	75.5"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Manchester, England

FIGHTING OUT OF
Manchester, England

FIGHT CAMP
Wolfslair MMA Academy

TRAINER
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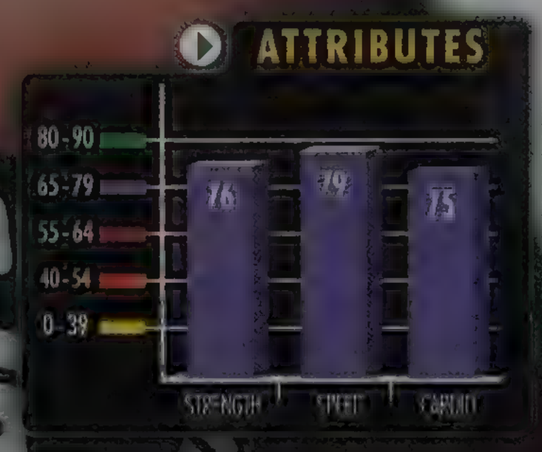
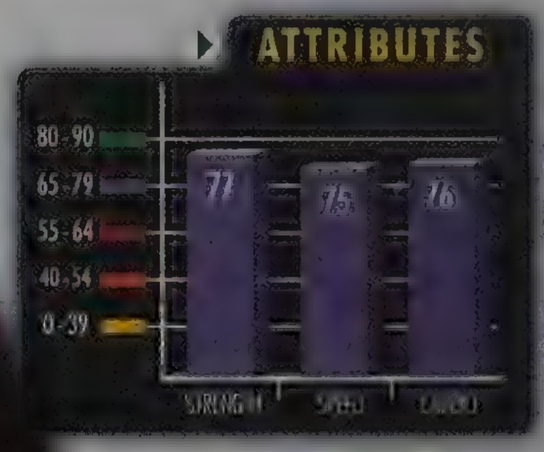
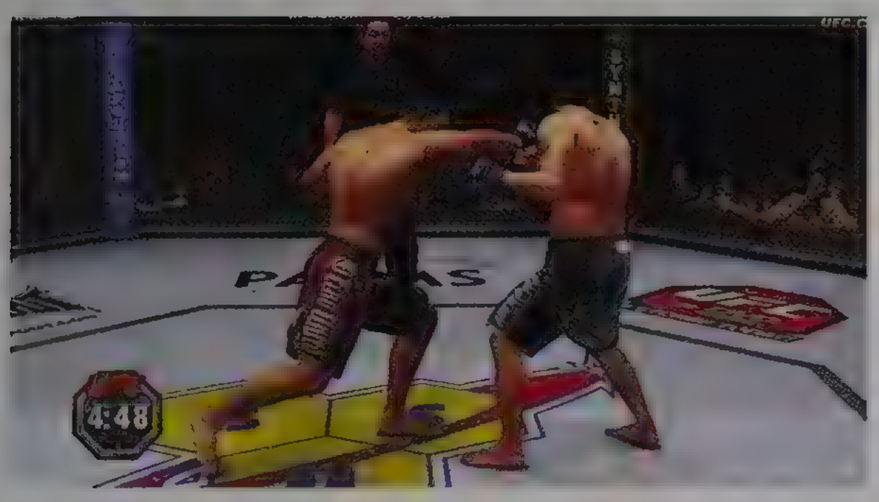
RECORD

OVERALL>	18-3-0-0
UFC>	8-3-0-0





IN THE OCTAGON



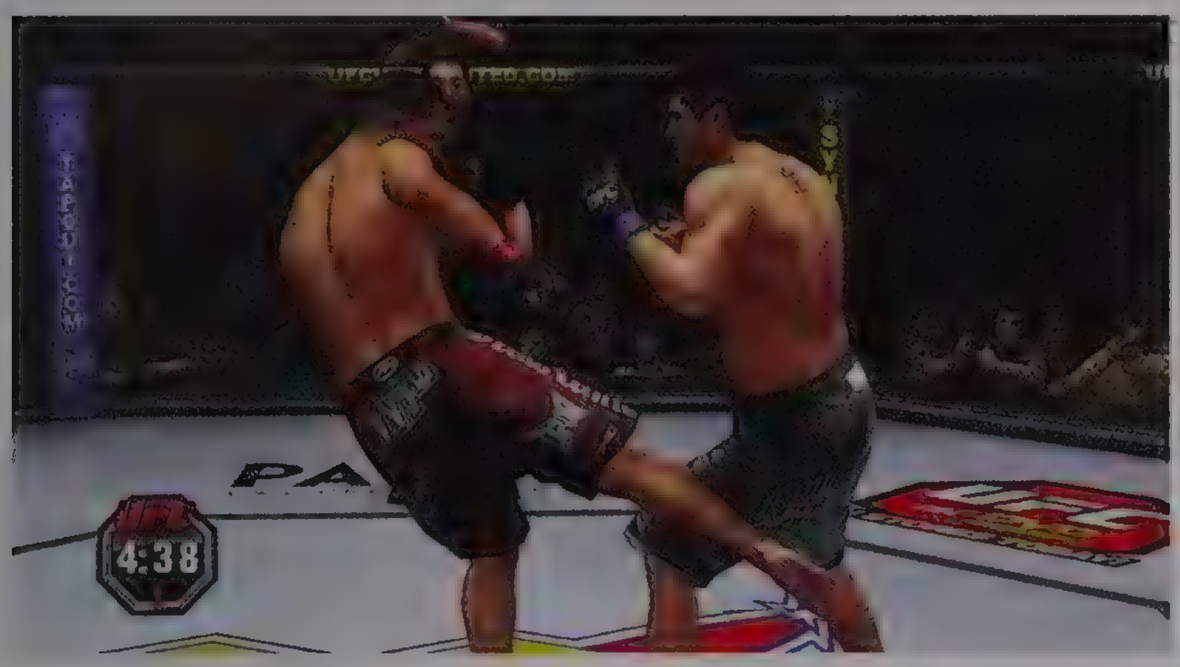
Bisping fights better at the outside striking range, making his opponents work to get a takedown or into the clinch.

Michael Bisping is a similar fighter as a middleweight and a light heavyweight. He's not quite as strong as a middleweight, nor is his cardio as good, but he's significantly faster.

Bisping is a pure striker, with elite knockout power from a standing position. He's also more than capable of doing damage with standing kicks, as well as strikes from the clinch or on the ground. Bisping's defense is also quite solid, especially in standing situations. His takedown and submission defense are superb, and he enjoys at least average defensive skill in every other category.

ON YOUR FEET

Stay standing as much as possible when fighting as Bisping. His defense is tremendous, and his strikes and kicks can do serious damage. If you're fighting as a middleweight, you're in an even better position, because Bisping's great speed makes him an effective counter-puncher. Bisping is a little shaky as a clinch grappler, but he can do some damage with strikes in the clinch if necessary.



Avoid the clinch as much as possible, keep on the move so that opponents must work to get close.

TO THE MAT

Unless he's in a dominant position and able to drop strikes on a disadvantaged opponent, the ground is not kind to Bisping. His submission defense is solid and his ground strikes defense is good, but he lacks offensive skill. There's no point to remaining on the ground, especially against a skilled grappler, so bring the fight back to a standing position as soon as possible.

TAKING THE FIGHT TO BISPING

If your fighter has any ground skill whatsoever, that's where the fight needs to take place against Bisping. The best way to take him down is to get him into the clinch and throw him to the mat, as his clinch grapple defense is his defensive weak point. He's also not much of a ground grappler, although he's tough to finish with either strikes or a submission, so don't get frustrated if the plan doesn't seem to be working immediately.

PATRICK COTE
"THE PREDATOR"

Despite having an undefeated record upon entering his first UFC match at UFC 50 against Tito Ortiz, Canadian Patrick Cote lost that fight, as well as his next three UFC bouts. His UFC career could have been over before it had a chance to begin, but instead Cote went back to the drawing board and won his next four consecutive UFC fights, scoring TKOs over Drew McFedries and Kendall Grove in the process.

His impressive streak earned him a shot at the UFC Middleweight Champion, Anderson Silva, who defeated him by TKO in the third round of their UFC 90 meeting. However, if Cote has proven anything in the UFC, it's that he will not let a defeat dampen his fighting spirit.

STATISTICS

AGE>	30
BIRTHDATE>	2/29/80
WEIGHT>	185 lbs.
HEIGHT>	5'11"
REACH>	75"
STANCE>	Orthodox and Switch

NATIONALITY

HOMETOWN
Rimouski, Quebec, Canada

FIGHTING OUT OF
Quebec City, Quebec, Canada

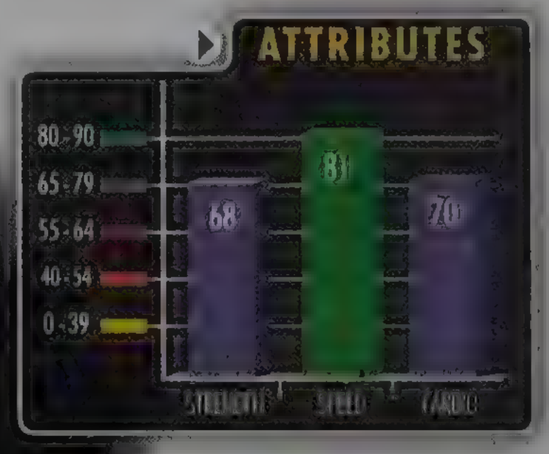
FIGHT CAMP
Sityodtong

TRAINER
Mark DellaGrotte

RECORD

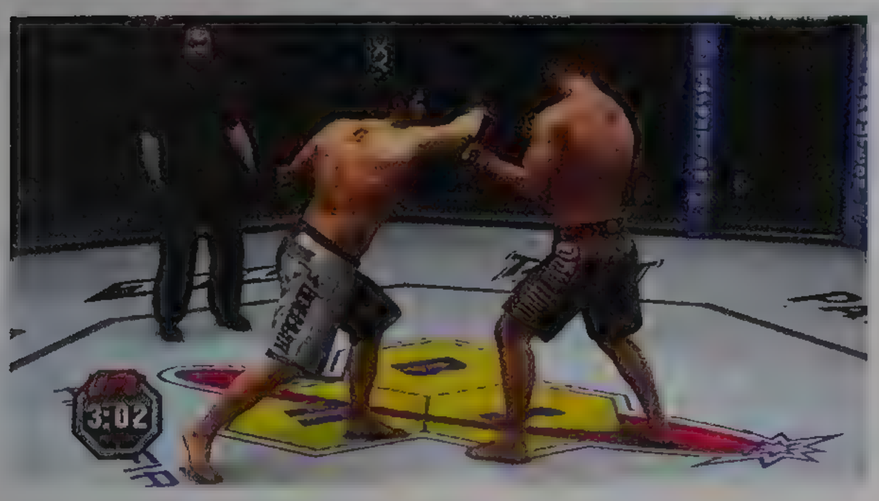
OVERALL>	13-5-0-0
UFC>	4-5-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON



Stay on the move, stay unpredictable, and stay on your feet!

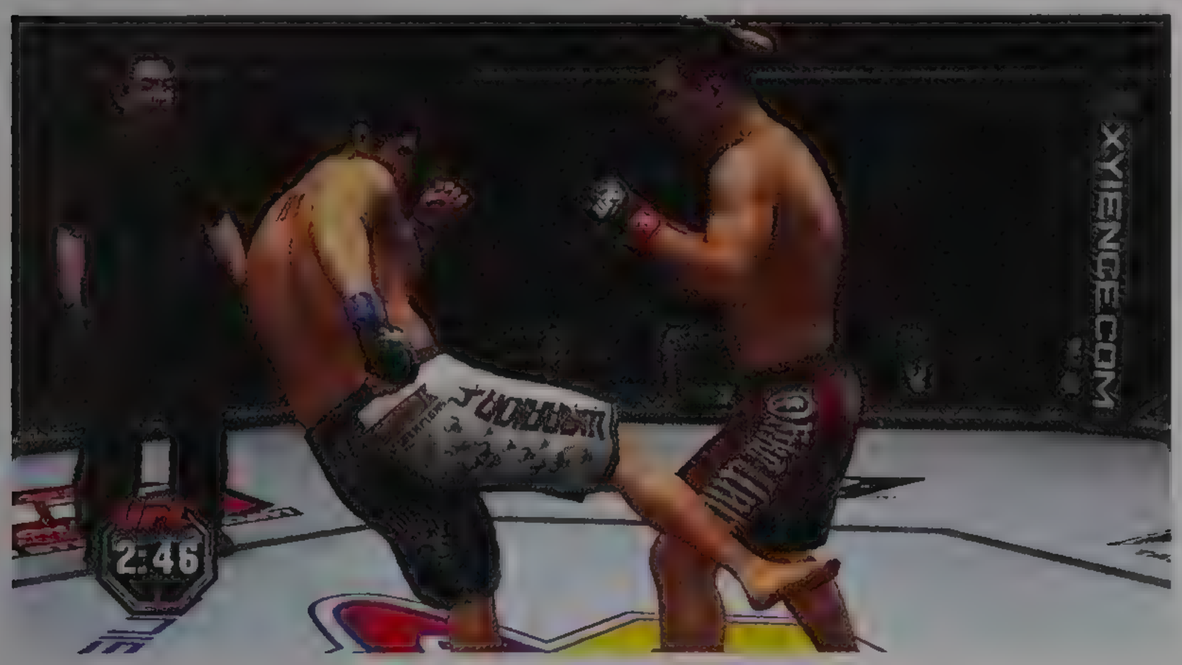
Patrick Cote is dangerous on his feet, able to throw fast, sharp strikes and kicks and take a stiff shot for the sake of returning the favor. Apart from his standing offense, however, he is an average offensive fighter at best, so you should stay on your feet as long as possible when fighting as Cote.

Cote's defense mirrors his offensive abilities. He's even stronger on defense in standing situations than he is on offense, but he has significant holes in his takedown and ground defense.

ON YOUR FEET

All of Cote's best offensive and defensive ratings are in his standing skills, so stay on your feet and use Cote's speed to pick apart an opponent's defenses with quick, powerful strikes and kicks. Cote's clinch skills are mediocre, so unless you are in serious trouble in a standing situation, stay out of the clinch.

Use counter strikes so you don't leave yourself open to takedowns, and use leg kicks to weaken your opponent's takedown skills.



TO THE MAT

Cote suffers from a lack of takedown defense, which is especially unfortunate, because his ground grapple and striking skills are iffy, and his submission defense is not great. If the fight goes to the mat, do whatever you can to get back to your feet, or the fight could be over in a hurry.

Watch out for opponents who try to shoot in for the takedown, and counter their attempt with one of Cote's quick, powerful kicks. If you time it right, you might knock them for a loop and change the complexion of the fight in a hurry. If you get stuck on the mat, pull your opponent's head down and try your hardest to reverse any transitions, otherwise, let the ref stand you up.

TAKING THE FIGHT TO COTE

Even if your ground skills are only average, taking Cote to the mat is almost always your best game plan. He doesn't have very good takedown defense, but his kicks can just about take your head off if you telegraph your takedown attempt.

Getting Cote to the ground is not too difficult, provided you are careful. A clinch throw may be safer if you're a good clinch grappler. Once Cote is on the ground, you should be able to exploit his mediocre ground grapple skills to take a dominant position and do some damage with a submission or ground strikes.

RICH FRANKLIN

"ACE"

With only five losses in over 30 professional fights to his credit, there's no question that Rich "Ace" Franklin has established himself as one of the elite competitors in UFC's Middleweight and Light Heavyweight Divisions. The former high school math teacher won the UFC Middleweight Championship from Evan Tanner at UFC 53 and held it for over a year before losing it to Anderson Silva at UFC 64.

Following a second loss to Anderson Silva at UFC 77 (which was also only his second UFC loss ever), Franklin stepped up to the UFC Light Heavyweight decision, where he scored a third-round TKO at UFC 88 and suffered a split-decision loss to Dan Henderson in the main event of UFC 93. He rebounded with a unanimous decision victory over Wanderlei Silva at UFC 99 before losing via first-round knockout to Vitor Belfort at UFC 105.

STATISTICS

AGE> 35

BIRTHDATE> 10/5/74

WEIGHT> 205/185 lbs.

HEIGHT> 6'1"

REACH> 75"

STANCE> Southpaw

NATIONALITY

HOMETOWN
Cincinnati, OH

FIGHTING OUT OF
Cincinnati, OH

FIGHT CAMP
AKA

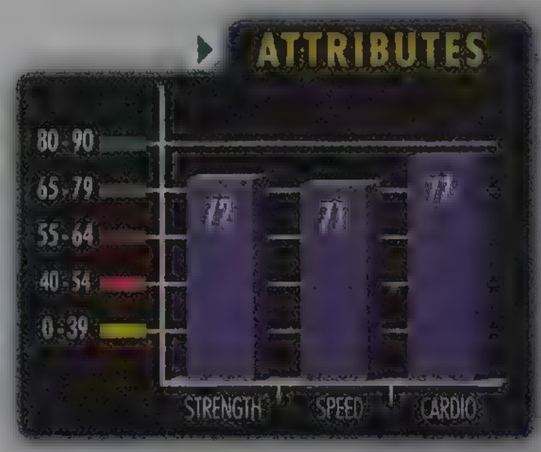
TRAINER
Mark Munoz

RECORD

OVERALL> 26-5-0-1

MW> 12-4-0-0

MIDDLEWEIGHT



LIGHT HEAVYWEIGHT

IN THE OCTAGON

Keep the fighting on the feet when possible, but Franklin can survive the ground game long enough to get back on his feet.

As a middleweight, Franklin lacks some of the strength he has as a light heavyweight, but the significant boost in speed and slight increase in cardio that he enjoys as a middleweight helps make up for that.

Franklin's standing and clinching offense ranks in the highest tier of UFC fighters. He's less impressive as a ground fighter, but his high cardio and decent ground defense helps to keep him in the fight until he can find a way to get back to his feet.

ON YOUR FEET

Franklin is at home when he is standing at striking range and able to pick apart opponents with fast, strong strikes and kicks. Offensively, he is just as strong in the clinch, but his clinch defense is only average, which makes it a somewhat dangerous position to be in against a fighter who has above-average clinch offense.

Throw in some leg kicks to weaken an opponent's takedown game.

TO THE MAT

Franklin's takedown defense is respectable, but his standing kicks make for a better takedown deterrent. If the fight goes to the ground, take heart in the fact that Franklin is difficult to submit or knock out, and his ground grapple skills are solid enough to help him resist an opponent's transitions and execute effective transitions of his own.

Franklin can absorb punishment on the ground, so be patient about transitioning, or look for a reversal to turn the tables and take the fight back to standing.

TAKING THE FIGHT TO FRANKLIN

The ground game is probably the safest option against Franklin. Just expect a long fight while you're there.

Fighters who have great clinch offense stand the best chance of hurting Franklin in a hurry. His clinch defense is only average, and if you can keep him from establishing an offensive position in the clinch, you can take him apart with strong strikes, especially Muay Thai whips.

Standing with Franklin is not recommended—he can hang and bang with the best of them. His offensive skills are greatly diminished on the ground, but his defense is strong, so ground grapplers should be prepared to have the fight go to decision. Keep in mind that he has formidable cardio, so don't count on being able to outlast him.

WILSON GOUVEIA

Wilson Gouveia got off to a rocky start in the UFC, losing via unanimous decision to Keith Jardine at the UFC Ultimate Fighter 3 Finale, but he quickly made up for it with four consecutive victories in fights that didn't go past the first minute of the second round.

Since then, he's gone 2-3, including a submission victory over Jason MacDonald and a hard-fought TKO loss against Nate Marquardt. He lost his fight at UFC 107 against Alan Belcher by TKO in the first round.

STATISTICS

AGE> 31

BIRTHDATE> 10/3/78

WEIGHT> 205/185 lbs.

HEIGHT> 6'1"

REACH> 76"

STANCE> Orthodox

NATIONALITY:

HOMETOWN:
Fortaleza, Brazil

FIGHTING OUT OF:
Coconut Creek, FL

FIGHT CAMP:
American Top Team

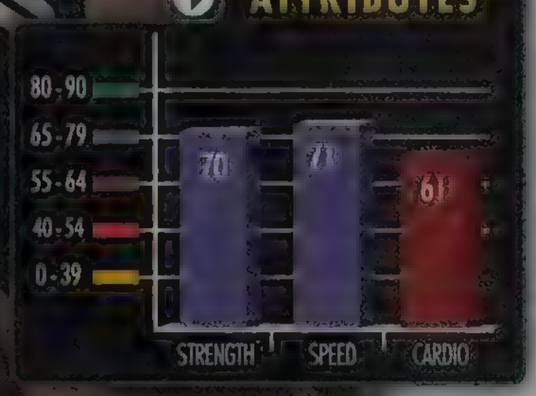
TRAINER:
Ricardo Liborio

RECORD

OVERALL> 12-7-0-0

UFC> 6-4-0-0

ATTRIBUTES



MIDDLEWEIGHT

ATTRIBUTES

LIGHT HEAVYWEIGHT

SKILLS

IN THE OCTAGON

Gouveia's offense is geared toward taking down opponents, advancing his ground position and finishing them off with submissions or ground strikes. He's equally skilled in either tactic, so use whichever one your opponent is weaker against.

Defensively, Gouveia excels on the ground, but he has some weak spots in standing situations, especially in the clinch. Generally speaking, he is not as strong defensively as he is offensively, and his low cardio limits his effectiveness later in fights.

ON YOUR FEET

Gouveia's standing offense is decent, but his defense is slightly substandard. He's a strong striker in the clinch, but he's all offense and no defense in clinch situations. A talented clinch striker can make short work of him, so this is not a place to stay when fighting as Gouveia.

Throw punches and kicks to good opponents into trading strikes. Go for a takedown once you have their pattern down.

TO THE MAT

Gouveia's takedown offense is good, and he has solid ground and submission skills to back it up. Whether on offense or on defense on the ground, he can hold his own—provided that he has the stamina to execute his skilled techniques.

Posture up whenever you can to do damage. Gouveia can't afford an extended grappling battle.

TAKING THE FIGHT TO GOUVEIA

If you can keep the fight standing for a round or two, Gouveia will almost certainly start to show signs of fatigue, and that's your time to strike. Depending on your skill set, pick apart Gouveia with standing strikes or grapple strikes, against which he lacks strong defense.

If the fight goes to the ground, get back to your feet as soon as possible unless you have truly remarkable ground game. Otherwise, cardio or no cardio, Gouveia will make short work of you.

KENDALL GROVE

"DA SPYDER"

Kendall Grove made his UFC debut on the third season of The Ultimate Fighter, coached by Tito Ortiz. Grove won the competition and went on to notch two submission victories in his first two post-TUF fights.

A pair of first-round KO losses at UFC 74 and UFC 80 threatened to derail Grove's UFC career, but he bounced back with wins over Evan Tanner, Jason Day, and Jake Rosholt.

STATISTICS

AGE: 27
BIRTHDATE: 11/12/82
WEIGHT: 185 lbs.
HEIGHT: 6'6"
REACH: 79"
STANCE: Orthodox
NATIONALITY:
HOMETOWN: Maui, HI
FIGHTING OUT OF: Maui, HI
FIGHT CAMP: T&T Training Center
TRAINER:

RECORD

OVERALL: 11-6-0-1
UFC: 6-3-0-0

ATTRIBUTES

	STRENGTH	SPEED	CARDIO
80-90			
65-79	65	73	63
55-64			
40-54			
0-39			

SKILLS

	0-39	40-54	55-64	65-79	80-90
STANDING STRIKES OFFENSE				72	
STANDING STRIKES DEFENSE				70	
STANDING KICKS OFFENSE				82	
STANDING KICKS DEFENSE				78	
CLINCH STRIKING OFFENSE				85	
CLINCH STRIKING DEFENSE				67	
GROUND STRIKING OFFENSE				76	
GROUND STRIKING DEFENSE				68	
CLINCH GRAPPLE OFFENSE				85	
CLINCH GRAPPLE DEFENSE				72	
TAKEDOWN OFFENSE				66	
TAKEDOWN DEFENSE				80	
GROUND GRAPPLE OFFENSE				67	
GROUND GRAPPLE DEFENSE				77	
SUBMISSION OFFENSE				78	
SUBMISSION DEFENSE				70	

IN THE OCTAGON

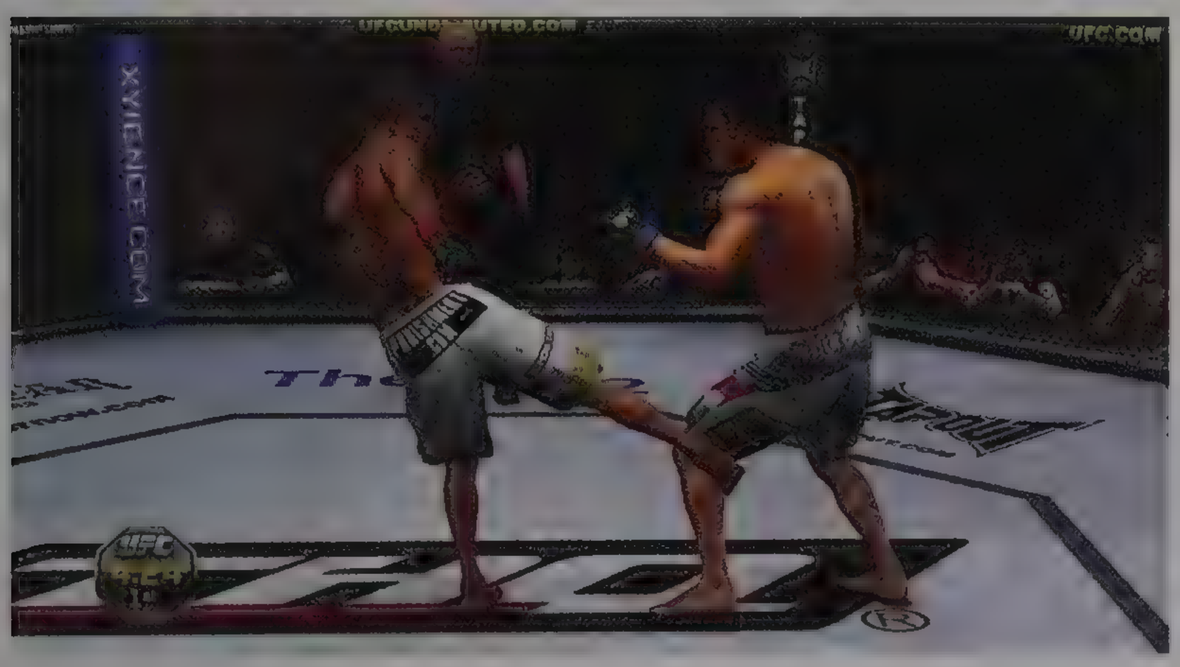
Grove will do well anywhere the fight goes as long as he stays on the offensive and finishes the fight fairly quickly.

Kendall Grove has extremely impressive offensive skills, especially his standking kicks and clinch strikes and grapples. However, he's held back by his natural attributes, which include significantly below-average strength and cardio. As a result, there's not as much force behind his attacks as there could be, and he tires quickly in fights that go past the first round.

Defensively, Grove is limited. In addition to his low stamina, which limits his energy as the fight continues, he is weaker on defense than on offense in every category. His takedown defense is especially weak, which is a problem considering that is submission and ground striking defense is only average at best.

ON YOUR FEET

As long as the fight remains standing, Kendall Grove is in it. His kicks are his best weapon in a standing position, but his clinch offense is amazing. With greater strength, he would be a legitimate knock-out threat in the clinch. However, keep in mind that his clinch grapple defense is only average, which leaves him vulnerable to being thrown to the mat.



TO THE MAT

Grove has impressive submission skill, but his lackluster ground grapple offense limits his ability to transition to a position where he can use it effectively. His low cardio also works against him on the ground, causing him to fatigue earlier in fights than most opponents. If he can stay on offense and find a way to advance his position, he's in good shape. Otherwise, he's in trouble.

Posture up when possible to deliver ground strikes. It's better to let Grove's high grapple defense work for you, and look for reversal opportunities to advance your position.

TAKING THE FIGHT TO GROVE

Fight where your fighter is best and keep Grove on the defensive.

There are three game plans that work against Kendall Grove; use the one that suits your fighter best. If you have solid striking ability and strength, go after him with standing strikes, and watch out for his kicks. If your ground skills are better than your standing skills, take Grove down by shooting for the takedown—and watch his knees. Once he's there, overcome his ground grapple defense by wearing him down, then either go for the submission or finish him off with some ground and pound.

DAN HENDERSON

"HENDO"

Dan Henderson is one of the legends of the mixed martial arts world. He spent most of his career in PRIDE, where he was the last PRIDE Welterweight and Middleweight Champion, holding both titles simultaneously. His career dates back to the UFC's earliest days, when he won the UFC Middleweight Tournament at UFC 17. During his time in PRIDE, he emerged victorious in matches with MMA luminaries such as Wanderlei Silva, Kazuhiro Nakamura, and Minotauro Nogueira.

His return to the UFC got off to a rocky start at UFC 75, where UFC Light Heavyweight Champion Rampage Jackson defeated him by unanimous decision. His next fight was against UFC Middleweight Champion Anderson Silva at UFC 82, which Silva won via submission in the second round. However, Henderson followed up those losses with two decision victories at UFC 88 and UFC 93 and a knockout win over rival The Ultimate Fighter coach, Michael Bisping, at UFC 100.

STATISTICS

AGE> 39

BIRTHDATE> 8/24/70

WEIGHT> 205/185 lbs.

HEIGHT> 6'1"

REACH> 74"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Downey, CA

FIGHTING OUT OF
Temecula, CA

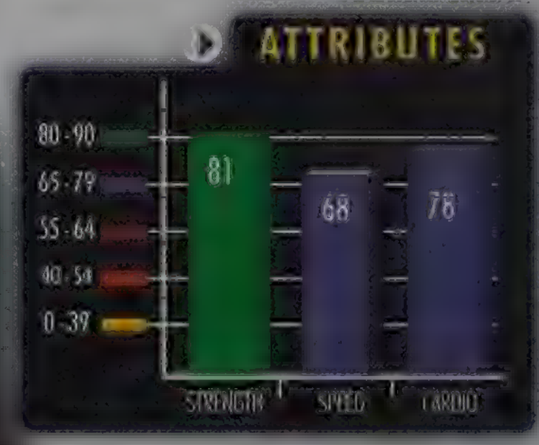
FIGHT CAMP
Team Quest

TRAINER
—

RECORD

OVERALL> 25-7-0-0

UFC> 5-2-0-0



LIGHT HEAVYWEIGHT

IN THE OCTAGON

Henderson does great wherever the fight goes, but does best in the clinch or the ground where he can control opponents.

Dan Henderson is virtually the same fighter whether he competes as a middleweight or light heavyweight. His considerable strength is slightly greater as a light heavyweight, but he's faster as a middleweight. His impressive cardio is the same in either weight class.

Not only does Henderson pack a solid punch in any situation—standing, clinch, or ground—he also has superb cardio that keeps him fresh for the length of the fight. He is extremely defensively solid across the board. His excellent takedown and ground grapple offense and defense ensure that the fight only goes to the ground when Henderson wants it to, and that Hendo can bring the fight to the ground at any time he wants.

ON YOUR FEET

Henderson is much stronger on offense in standing and clinch positions, but that's not to say that his standing defense is poor. It's more of a testament to his incredible standing and clinch striking skill, which harnesses his fearsome strength to rock or even KO opponents who don't have truly elite defense.

If you want a standing fight, work in the clinch a majority of the time.

TO THE MAT

Henderson can bring the fight to the ground whenever he wants, but this should only be done when the standing fight isn't going your way against an opponent who is much weaker on the mat. Henderson's submission and ground grapple offense is merely average, although his ground strikes are as deadly as his other strikes. However, he also has very high ground and submission defense, which makes it hard for opponents to put him in a tough spot.

Henderson's ground grapple defense is high, making it hard for opponents to escape. Henderson does well if he plays patiently and allows his grapple defense work for him.

TAKING THE FIGHT TO HENDERSON

Keep Henderson on the defensive and take the fight to him in your fighter's greatest offensive strength.

The strategy that you use against Henderson depends on your fighter's strengths. Henderson is stronger offensively in standing and clinch positions, and his ground defense and cardio are top-notch.

If the fight is going well for you, ideally you'd want to remain standing and exploiting Henderson's good-but-not-great standing strikes defense while avoiding his strikes and not letting him pull you into the clinch. However, if that strategy isn't working for you, you must find a way to take him to the ground, where he can't do as much damage—and that's easier said than done.

DENIS KANG

Denis Kang owned an astounding 31-10 record by the time he arrived in the UFC, ten years into his distinguished career. His UFC debut did not go the way he wanted it to—Kang failed to conquer Alan Belcher and lost the UFC 93 match via second-round submission.

Kang turned back time and returned to the dominant form that he showcased in his earlier career, earning a unanimous decision victory at UFC 97. However, he lost his next fight at UFC 105, courtesy of Michael Bisping's ground and pound attack.

STATISTICS

AGE>	32
BIRTHDATE>	9/17/77
WEIGHT>	185 lbs.
HEIGHT>	5'11"
REACH>	77"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
St. Pierre & Miquelon, France

FIGHTING OUT OF
Vancouver, BC, Canada

FIGHT CAMP
American Top Team

TRAINER
Ricardo Liborio

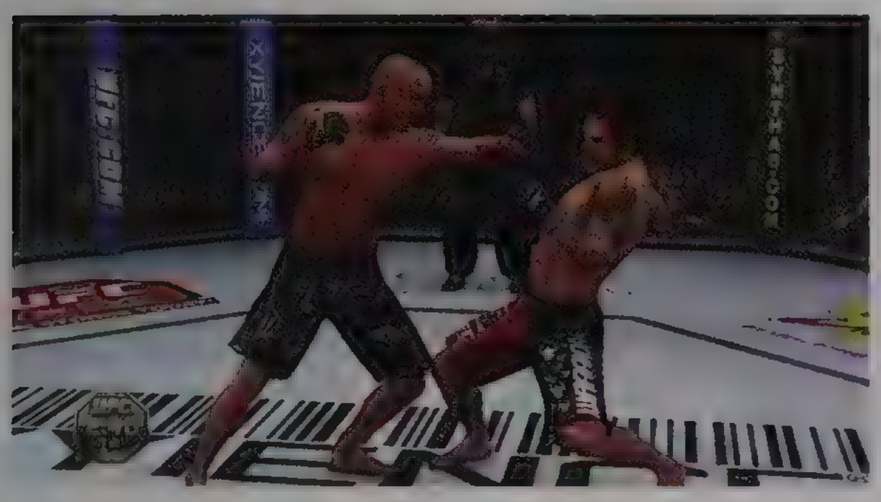
RECORD

OVERALL>	32-12-1-2
UFC>	1-2-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON



Rely on Kang's speed to counter or reverse your opponent's attacks.

Denis Kang is a quick fighter with decent strength and cardio who has generally average offensive skills. His standing strikes are quite potent, and he is able to set up his respectable ground and pound with effective takedown offense.

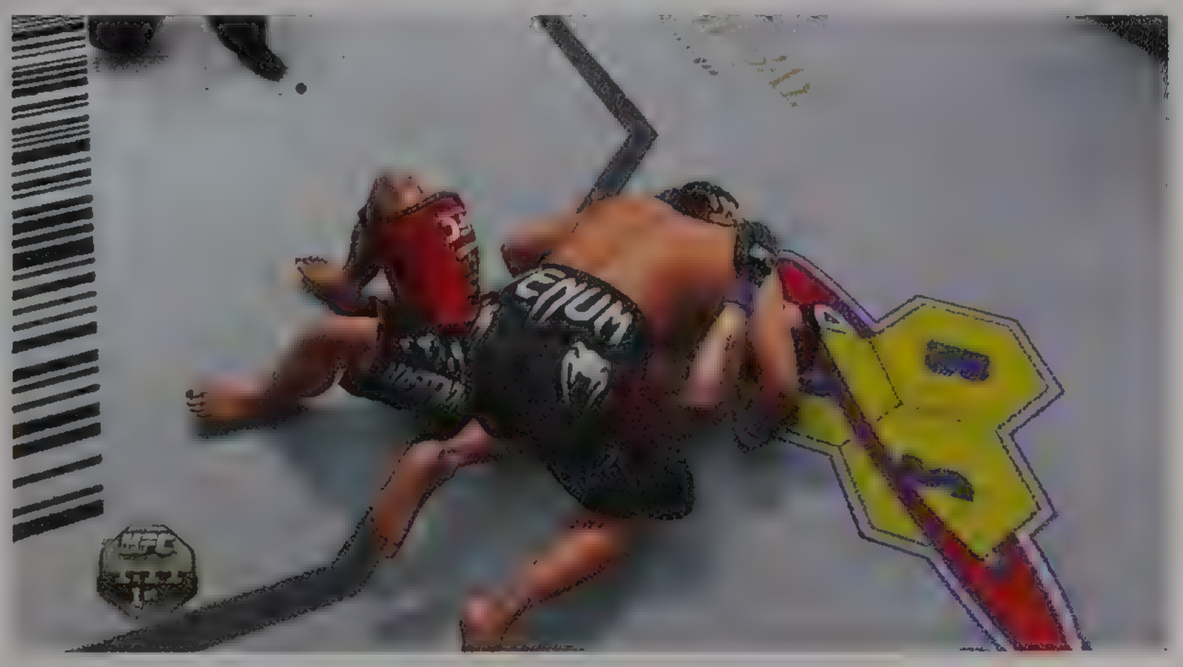
Defensively, Kang is average at best across the board, but does allow some room for error. Countering or controlling the ground game from the top are your best options.

ON YOUR FEET

Kang's standing skills are average, with the exception of his stronger standing strikes offense. He's not a real knockout threat unless he's facing a slow or careless opponent. Kang works best as a counter-puncher while standing, due to his excellent speed.

TO THE MAT

Kang has impressive takedown offense and good ground and pound, with some submission skill as well. The trick is getting him from the takedown to an advantaged position. His ground grapple skills are quite weak, and even if he scores the takedown, there's no guarantee that his opponent won't quickly take a dominant position.



You must be on point with your grapple reversals if you want to survive the ground game.

TAKING THE FIGHT TO KANG

Kang has mediocre defense in virtually every category, and he's not an especially dangerous offensive threat in any situation. Careless fighters or fighters with exceptionally low skills will struggle against him. All other fighters should be able to neutralize his striking skill and speed and take apart Kang with the skills in which they are strongest.

CHRIS LEBEN
"THE CRIPPLER"

Prior to participating in the first season of The Ultimate Fighter, Chris Leben achieved an impressive 10-1 record on the independent MMA circuit. Although he didn't win the competition, he did earn a UFC contract and won his first five UFC fights in a row. Anderson Silva snapped the streak during Silva's UFC debut, when he KO'ed Leben less than one minute into the first round of their match at Ultimate Fight Night 5.

Since that defeat, Leben has gone 4-4, with two knockouts, a TKO and a submission victory. Two of his losses came by submission, and Leben was on the wrong end of the decision in the other two.

STATISTICS

AGE > 29

BIRTHDATE > 7/21/80

WEIGHT > 185 lbs.

HEIGHT > 5'11"

REACH > 74"

STANCE > Southpaw

NATIONALITY

HOMETOWN
Portland, OR

FIGHTING OUT OF
Oahu, HI

FIGHT CAMP
Next Level MMA

TRAINER
—

RECORD

OVERALL > 19-6-0-0

UFC > 11-5-0-0

ATTRIBUTES

	STRENGTH	SPEED	CARDIO
80-90	72	71	73
65-79			
55-64			
40-54			
0-39			

SKILLS

	0-39	40-54	55-64	65-79	80-90
STANDING STRIKES OFFENSE					77
STANDING STRIKES DEFENSE					67
STANDING KICKS OFFENSE					72
STANDING KICKS DEFENSE					70
CLINCH STRIKING OFFENSE					81
CLINCH STRIKING DEFENSE					71
GROUND STRIKING OFFENSE					77
GROUND STRIKING DEFENSE					72
CLINCH GRAPPLE OFFENSE					83
CLINCH GRAPPLE DEFENSE					70
TAKEDOWN OFFENSE					72
TAKEDOWN DEFENSE					75
GROUND GRAPPLE OFFENSE					69
GROUND GRAPPLE DEFENSE					70
SUBMISSION OFFENSE					59
SUBMISSION DEFENSE					69

IN THE OCTAGON

Chris Leben is at his best offensively when he's in the clinch. His clinch striking and grappling is superb. He's a solid striker on the ground and in standing positions as well, but the clinch is really where he is able to dominate opponents.

Defensively, Leben doesn't have many obvious weaknesses, but he doesn't have any particular strengths either. He's tough (but not impossible) to take down, and he's in danger of being knocked out whenever he goes toe-to-toe against a strong, skilled striker. Capitalize on Leben's strong offensive skills by pressing opponents. Don't let them take advantage of Leben's mediocre defenses.

ON YOUR FEET

Leben has some solid standing strikes power, but his standing defense is not stellar. He's much better in the clinch, where he can pummel opponents effectively and strike with power and skill. However, keep in mind that Leben's defense depends on having an effective offense. If Leben is not in control of the fight, he's in trouble.

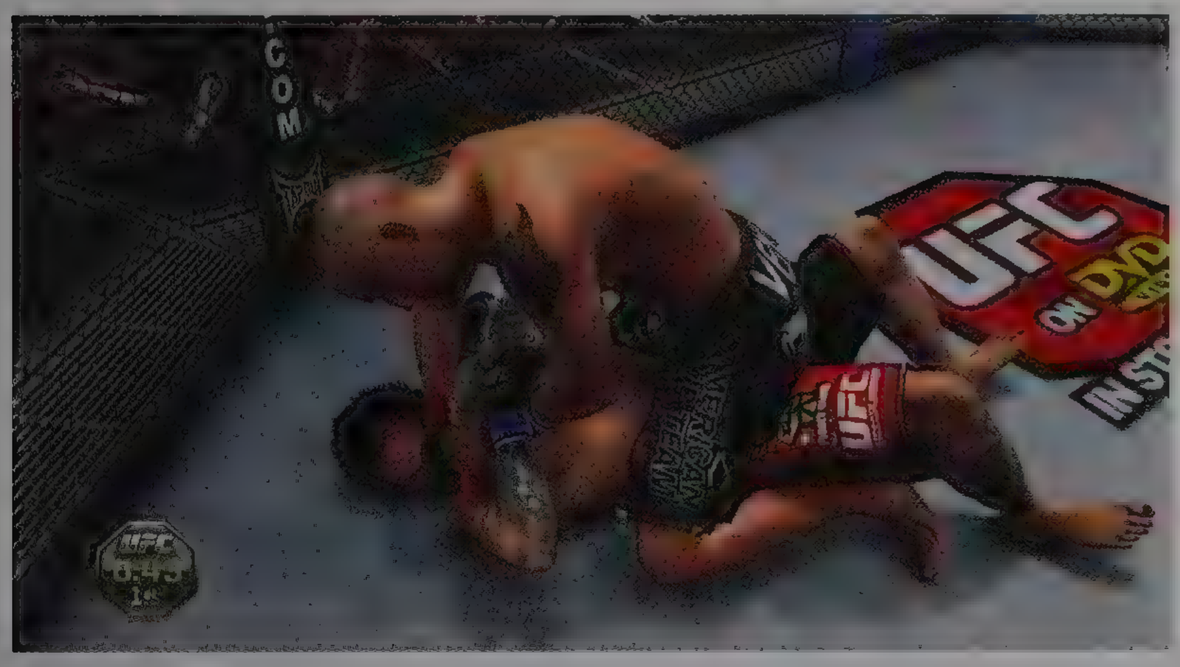
When clinching, use Leben's strong grapple skills to progress to a Muay Thai clinch. From there, block or reverse opponent's escapes while delivering damage.

TO THE MAT

Leben defends against takedowns fairly well, but his clinch grapple defense is only average. His ground and submission defense is unremarkable in every way. He has ordinary ground grapple offense, but if he can manage to transition into more dominant positions, he can do some damage with his ground and pound. He is not a submission fighter.

The best way to transition on the ground—on offense or defense—is through reversals.

TAKING THE FIGHT TO LEBEN



If Leben clinches with you, look to throw him to the mat.

If you can stay out of the clinch with Leben, the fight is half-won. Although his standing strikes are formidable, he's fairly easy to rock (or even KO) if you have strength and standing striking skill.

With the exception of his ground striking, Leben's ground offense is limited, and his defense isn't particularly good. A fighter with advanced ground game can dominate him and submit or TKO him without much danger of Leben turning the tables.

DEMIAN MAIA

Demian Maia earned a UFC contract less than two years into his professional MMA career and quickly established himself as one of the greatest submission fighters in the UFC Middleweight Division. Maia was awarded Submission of the Night at his first three UFC fights, the first fighter in UFC history to earn the honor three consecutive times. He won it a fourth time in his fifth UFC appearance at UFC 95. In five fights over 16 months, Maia had a perfect 5-0 record, with all of his wins coming by submission.

But at UFC 102, Maia's undefeated streak came to an end in dramatic fashion—Nate Marquardt knocked Maia out 21 seconds into the first round of their fight. Maia re-established his momentum with a decision win over Dan Miller at UFC 109, but he came up short against UFC Middleweight Champion Anderson Silva at UFC 112.

STATISTICS

AGE>	32
BIRTHDATE>	11/6/77
WEIGHT>	185 lbs.
HEIGHT>	6'0"
REACH>	72"
STANCE>	Southpaw and Switch

NATIONALITY

HOMETOWN
Sao Paulo, Brazil

FIGHTING OUT OF
Sao Paulo, Brazil

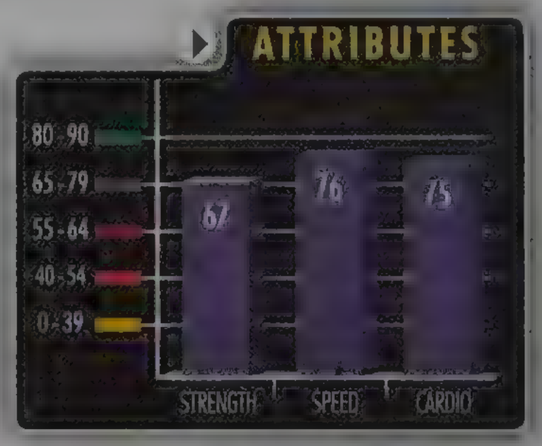
FIGHT CAMP
Wand Fight Team

TRAINER
—

RECORD

OVERALL>	12-1-0-0
UFC>	7-1-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Take the fight to the mat against any opponent. Look for takedown opportunities while you are standing.

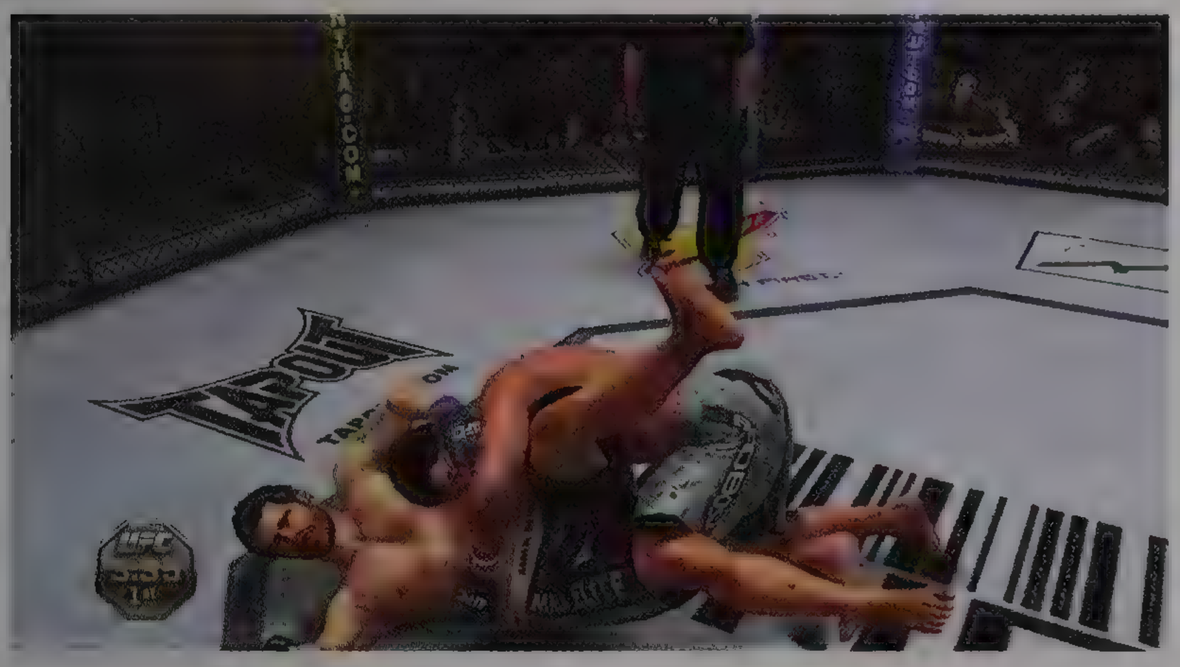
Demain Maia is a fast fighter with good cardio whose submission skills are beyond compare. He has formidable takedown power and superb ground grapple offense, which helps him to quickly lock an opponent into a submission hold and earn a fast submission win.

Maia's ground defense is nearly impenetrable, and his elevated cardio lets him take opponents further into fights. He's less defensively skilled on his feet, but he's capable of holding his own for the short time it takes him to shoot in for the takedown and bring the fight down to the mat.

ON YOUR FEET

Standing and clinch positions are not where Maia excels. His standing skills are only slightly above average, and his clinch defense isn't isn't even that. He does have some offensive clinch power, but these are not the positions where Maia wants to keep the fight.

Use quick jabs to lure opponents into trying to counter-punch. Wait for a slow attack and use that opportunity to take down your opponent easily.

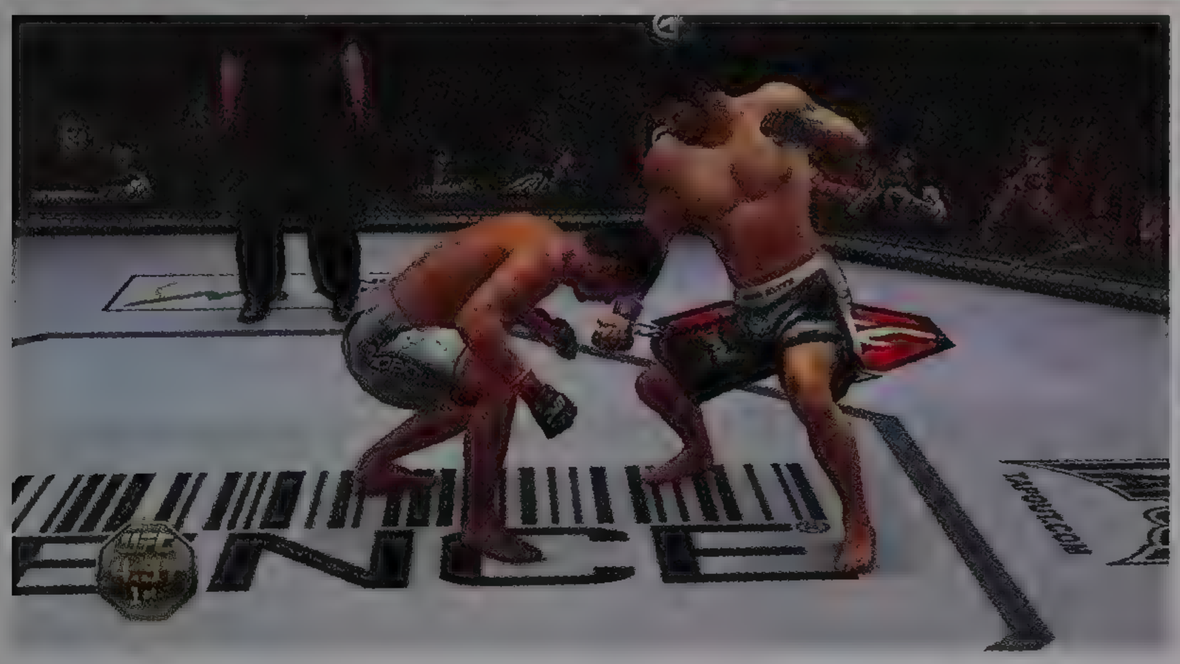


TO THE MAT

Maia executes takedowns better than he defends against them, but his phenomenal ground grapple skills virtually guarantee that he won't spend much time on defense on the mat however he winds up there. He has excellent ground and submission defense, and he is capable of tapping out any fighter in the UFC with his off-the-charts submission offense.

Any time your opponent is tired or weakened, look to transition into a better position or go for a submission.

TAKING THE FIGHT TO MAIA



Demian Maia's entire fight strategy revolves around shooting for the takedown and going for the submission, so you must expect that. If he takes you down, he's going to pass your guard. If he passes your guard, he's going to submit you. You must do everything in your power to keep the fight standing. If you end up on the ground against Maia, keep your stamina high. Look to reverse transitions as you won't be able to block them for very long.

The longer you keep Maia on his feet, the worse his odds of victory become. His standing skills are only average, so a fighter with strength and striking skill can overwhelm him quickly. The clinch is a more dangerous place to be with Maia, as his significant clinch grapple offense can help him take an opponent to the ground and dominate them.

NATE MARQUARDT

"THE GREAT"

Nate Marquardt spent the first six years of his MMA career on the independent circuit, achieving an impressive 21-6-2 record that earned him an appearance on the very first Ultimate Fight Night. He won that bout, as well as his next three fights, before suffering a first-round TKO loss to UFC Middleweight Champion Anderson Silva at UFC 73.

In the three years since that loss, Marquardt has gone 4-2, with a dominant TKO win over Wilson Gouveia and a Knockout of the Night at UFC 102 that ended Demian Maia's undefeated streak. Although Marquardt lost the decision against Chael Sonnen at UFC 109, their bout did win Fight of the Night honors.

STATISTICS

AGE>	31
BIRTHDATE>	4/20/79
WEIGHT>	185 lbs.
HEIGHT>	6'0"
REACH>	74.5"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Lander, WY

FIGHTING OUT OF
Denver, CO

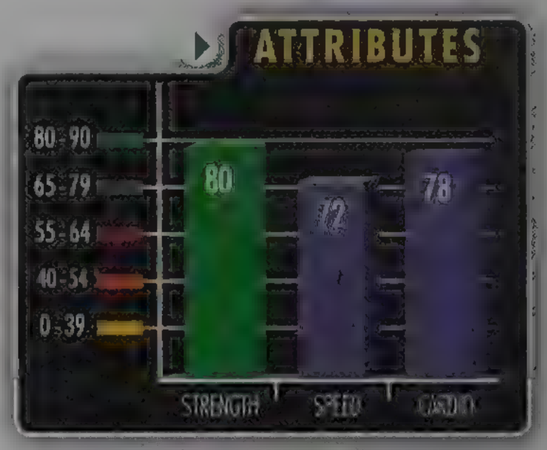
FIGHT CAMP
Greg Jackson's Gym

TRAINER
Greg Jackson

RECORD

OUTSIDE>	29-9-2-0
UFC>	8-3-0-0

ATTRIBUTES



SKILLS

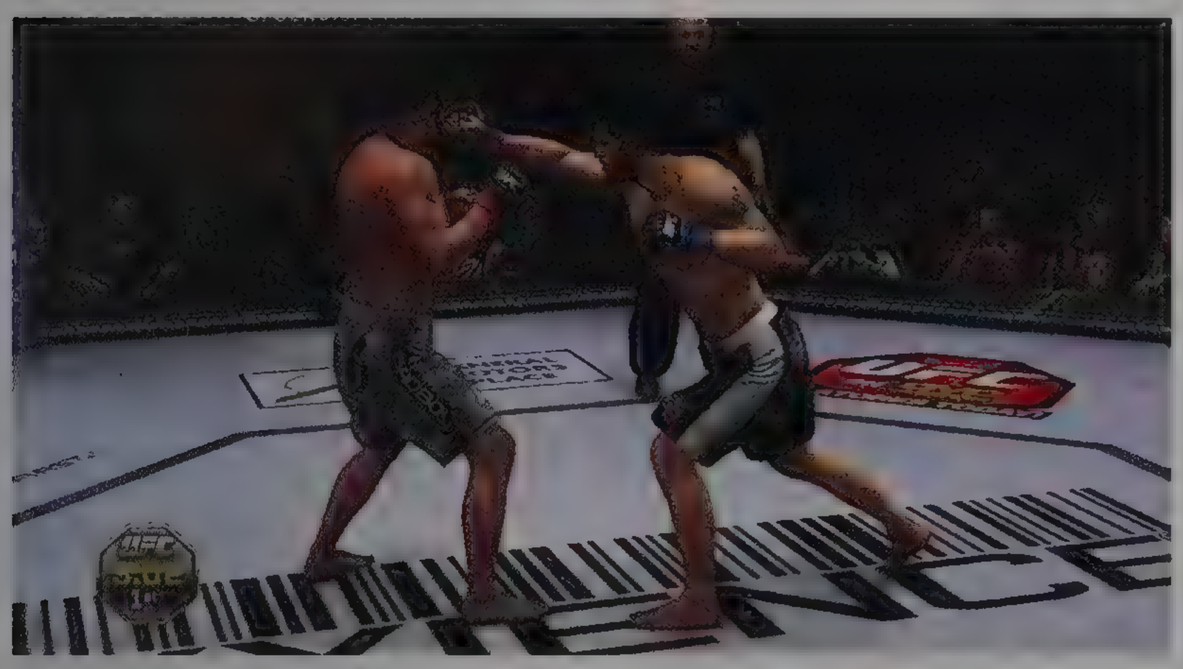
IN THE OCTAGON

Nate Marquardt is the definition of a well-rounded fighter. He has great strength and cardio, with decent speed. Offensively, he's a threat in any situation, and his ground strikes and submissions are particularly deadly.

Marquardt has no glaring weaknesses, with above-average defense in every category. His striking and submission defense is tough to beat, making him a difficult opponent to finish. Marquardt has the luxury of adapting his strategy to exploit his opponent's weaknesses.

ON YOUR FEET

Although ground strikes are his bread and butter, Marquardt can hang with most fighters as a standing striker, so if an opponent is particularly vulnerable to this offense, use it to soften him up. Marquardt is nearly as solid in the clinch, which makes it a good fallback position if he takes a few too many stiff shots.



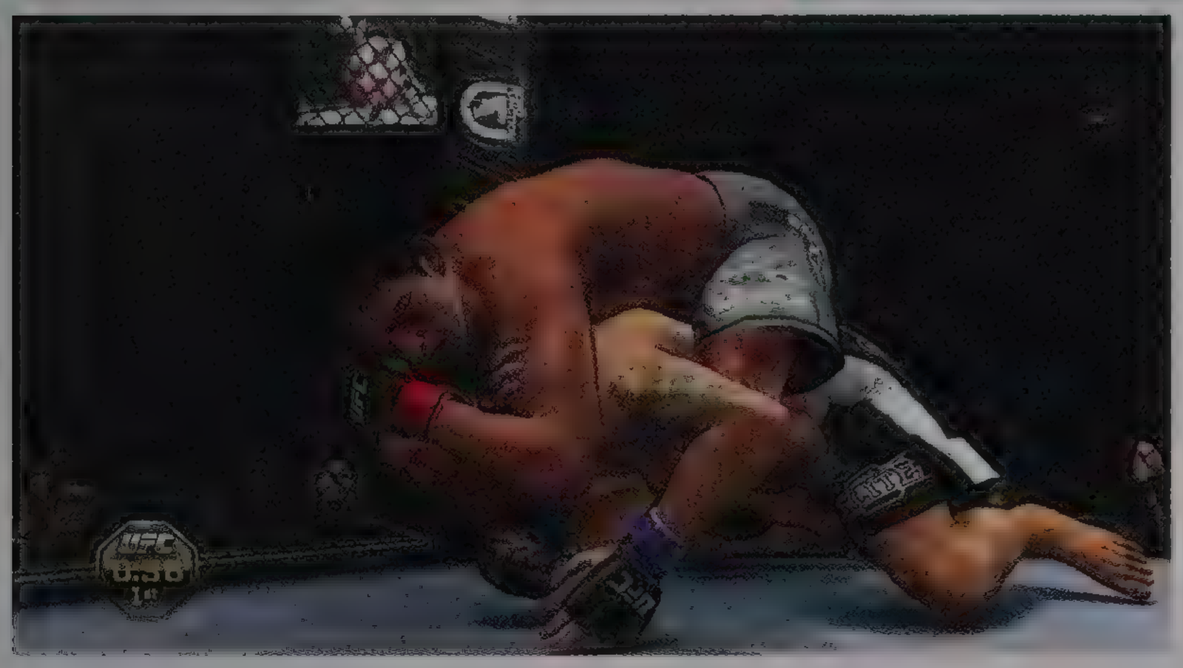
Use outside punches to fend off ground fighters and take elite strikers to the clinch.

TO THE MAT

Marquardt's takedown skill is incredible, and his clinch grapple offense is nearly as sharp, which makes it relatively easy for him to bring the fight to the ground. He has good ground grapple skills and can finish off opponents with a submission or ground strikes, so tailor your attacks to your opponent's vulnerabilities.

Marquardt's ground strikes are devastating. Once you get an advantaged position and can posture up, unleash them on your unfortunate opponent, while looking for reversals to advance your position.

TAKING THE FIGHT TO MARQUARDT



If you need to fight on the ground, stay in an advantaged position on the top to nullify Marquardt's ground strikes.

Marquardt's defense is uniformly good, so don't bother looking for weak points. Build your offense around your strongest offensive skills, and be especially wary of letting the fight go to the ground. If that's where your skills lie, then that's where you need to fight Marquardt, but keep in mind that he has excellent finishing power on the ground and enough cardio to outlast most opponents.

DREW McFEDRIES

"THE MASSACRE"

Drew McFedries made his UFC debut at UFC 65 with an impressive first-round TKO victory. Since then, he's added a few more knockouts to his record at UFC Fight Night 10 and The Ultimate Fighter 7 finale, where he won the Knockout of the Night. He also earned a TKO victory at UFC 98.

However, McFedries also has five losses on his record, including a submission loss to Thales Leites. In fact, four of his five losses have come via submission, with the fifth being a first-round TKO from Patrick Cote.

STATISTICS

AGE> 31

BIRTHDAY> 7/27/78

WEIGHT> 185 lbs.

HEIGHT> 6'0"

REACH> 72"

STANCE> Southpaw

NATIONALITY

HOMETOWN
Ames, IA

FIGHTING OUT OF
Davenport, IA

FIGHT CAMP
Miletich Martial Arts

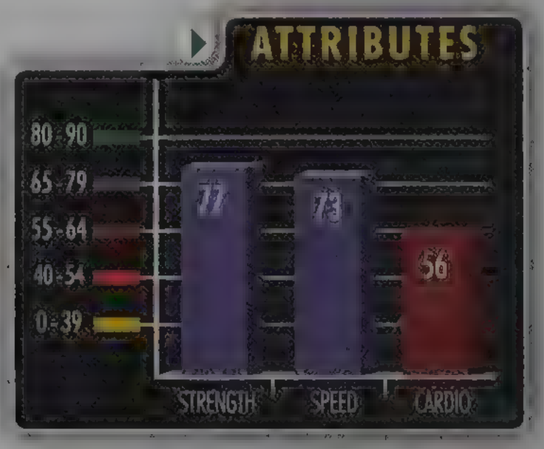
TRAINER
—

RECORD

OVERALL> 8-6-0-0

UFC> 4-5-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Stay on the offensive and finish fights fast.

As long as Drew McFedries can stay on his feet, he's a threat. His standing strikes offense is solid and backed up by significant natural strength. Although it doesn't happen often, when he's in a dominant ground position, he can deal an impressive amount of damage with his fists.

However, McFedries leaves much to be desired defensively. His ground defense is not nearly good enough to repel a skilled opponent, and his submission defense is practically nonexistent. His low cardio doesn't help matters, preventing him from being able to hang with his opponents in the later rounds.

ON YOUR FEET

Stay on your feet as much as possible when fighting as McFedries. His standing strikes are his best weapon, and although his standing defense is only average, it's better than his defense in any other category. Although McFedries has decent clinch striking offense, his clinch grapple skills are not great and could result in him being thrown to the ground, where he struggles.

Mix up your strikes so you don't allow an easy takedown and end up on your back.

TO THE MAT

Drew McFedries has a bad combination of poor takedown and clinch grapple defense, worse ground grapple defense and lackluster submission defense. Use kicks to fend off takedown attempts, and do whatever it takes to get back to your feet if the fight goes to the mat.

If you manage a dominant position on the ground, posture up when you can to deliver strikes. Reversals are your only means of stopping transitions so watch for them.

TAKING THE FIGHT TO McFEDRIES

As long as you avoid McFedries's standing strikes, you shouldn't have much trouble with him. Your top priority should be to take him to the ground (either via takedown or ground grapple), transition to a dominant position, and either lock in a submission or crush him with ground strikes. He doesn't have much defense against either, so it's up to you how you want to finish him.

DAN MILLER

Dan Miller brought a record of eight wins, one loss and one no-contest with him when he entered the UFC in September of 2008. Through his first three fights, it seemed as if Miller would dominate the UFC Middleweight Division the same way he had dominated the independent MMA circuit—two first-round submission victories, and a unanimous decision win at UFC 90.

However, it was Chael Sonnen who brought Miller's winning streak to an end at UFC 98, when he won a unanimous decision victory over him. At UFC 109, history repeated itself, and Demian Maia won the decision in their fight. Miller hopes to redeem himself at UFC 114, where he takes on Michael Bisping.

STATISTICS

AGE>	28
BIRTHDATE>	6/30/81
WEIGHT>	185 lbs.
HEIGHT>	6'1"
REACH>	74"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Sparta, NJ

FIGHTING OUT OF
Whippany, NJ

FIGHT CAMP
AMA Fight Club

TRAINER
Mike Constantino

RECORD

OVERALL>	11-3-0-1
UFC>	3-2-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

Take the fight to the ground as soon as possible as Miller's standing game is rather weak.

Dan Miller is a skilled ground fighter with good cardio. He can take down most opponents with relative ease, his ground grapple skill ensures that he usually takes the advantage on the mat, and he can make just about any fighter tap to his formidable submission skill.

Defensively, Miller is better on the ground than he is in the clinch or in a standing position. He's tough to tap out, and he has enough takedown and ground grapple defense to force opponents really work to achieve a dominant position.

ON YOUR FEET

Standing fights don't favor Miller. His standing and clinch skills are only so-so, his lack of strength doesn't help his striking power, and he's especially vulnerable to leg kicks, which limit his takedown prowess. It's in your best interest to take the fight to the ground as soon as possible.

TO THE MAT

Everything that you do on the mat should build toward a submission victory. Miller's ground grapple and submission offense are tough to defend against, even by skilled ground fighters. His ground striking is not as formidable of a weapon, so focus on stopping the fight by tapout.

You may need to soften your opponent up a bit with ground strikes before you can lock in the submission.

TAKING THE FIGHT TO MILLER

Punch and kick Miller from outside range to make it difficult to close in on you.

You must be a formidable ground fighter to hang with Miller on the mat, so you're better off keeping the fight standing. Work on his legs with kicks to limit his takedown offense, and always be on the lookout for an opening to land a stiff shot to the head. Miller's low strength and unexceptional speed and striking skill provide openings to counter-punch him effectively.

YUSHIN OKAMI

"THUNDER"

Yushin Okami has been fighting professionally in mixed martial arts since 2002 and came to UFC in 2006 with only three losses to his record. He won his UFC debut at UFC 62 by unanimous decision and defeated three other fighters, including Mike Swick, before Rich Franklin snapped his perfect UFC streak at UFC 72.

Okami rebounded from the loss with four more victories and has only lost once—a unanimous decision against Chael Sonnen at UFC 104.

STATISTICS

AGE>	28
BIRTHDATE>	7/21/81
WEIGHT>	185 lbs.
HEIGHT>	6'2"
REACH>	72"
STANCE>	Southpaw

NATIONALITY

HOMETOWN
Kanagawa, Japan

FIGHTING OUT OF
Kanagawa, Japan

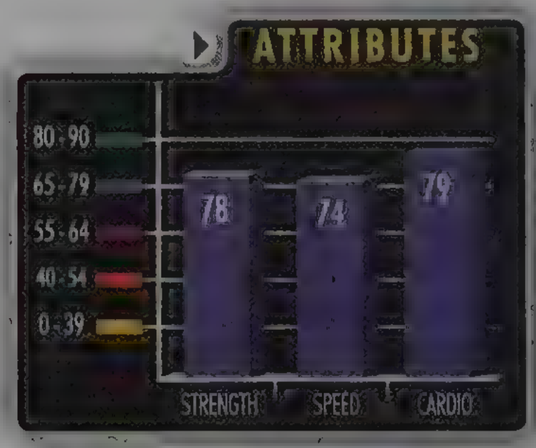
FIGHT CAMP
Wajyutsu Keisyukai Tokyo

TRAINER
—

RECORD

OVERALL>	23-5-0-0
UFC>	7-2-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Okami is well-rounded enough to take the fight wherever opponents are weakest, but he excels in the clinch.

Yushin Okami has impressive physical attributes that back up a well-rounded skill set. Strong and capable of retaining his stamina deep into fights, he has particularly impressive clinch and takedown skills, although he lacks true finishing power.

Defensively, Okami is solid across the board. He's tough to submit or get the upper hand on in the clinch, and taking him down is no mean feat.

ON YOUR FEET

With decent strikes and kicks and impressive standing defense, Okami is capable of standing toe-to-toe with most UFC fighters, although the clinch is his preferred position. His clinch defense is impeccable, and he can dish out plenty of damage or throw an opponent to the mat at will.

Pick apart weak strikers with punches and kicks and work their legs to weaken their takedown defense.

TO THE MAT

Okami doesn't have much trouble taking opponents to the mat, but he's not quite as dominant once he has them there. His ground striking is quite powerful, but his submission offense is only average, and his ground grapple skills are only average. However, he has excellent submission defense.

TAKING THE FIGHT TO OKAMI

Do what your fighter does best, though great ground and pound fighters should have the best chance at victory.

If you allow Okami to pull you into a clinch, he will make you pay for it. His dangerous strength backs up his skilled clinch offense and can make short work of you if you get careless.

Okami doesn't have any real weaknesses and enjoys particularly good defense in the clinch and against submissions. He also lacks finishing power, and combined with his high cardio, this leads to many decision outcomes in his fights. Go into the bout with that in mind and fight to finish him in a way that will impress the judges if you're not able to put him away.

NATE QUARRY

"ROCK"

Nate Quarry brought an 11-1 professional record with him when he appeared on The Ultimate Fighter. An ankle injury forced him to drop out of the competition, but he was invited to participate in The Ultimate Fighter Finale, where he won a first-round TKO.

Quarry has gone 7-3 in his UFC career, frequently finishing off his opponents with first-round knockouts or TKOs. Rich Franklin handed him his first UFC loss in the same way, knocking him out in the first round of their UFC 56 meeting. Demian Maia is also one of the few UFC fighters to have a win over Quarry, a first-round submission victory at UFC 91.

STATISTICS

AGE>	38
BIRTHDATE>	3/18/72
WEIGHT>	185 lbs.
HEIGHT>	6'0"
REACH>	72.5"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Arcata, CA

FIGHTING OUT OF
Gresham, OR

FIGHT CAMP
Next Level MMA

TRAINER
—

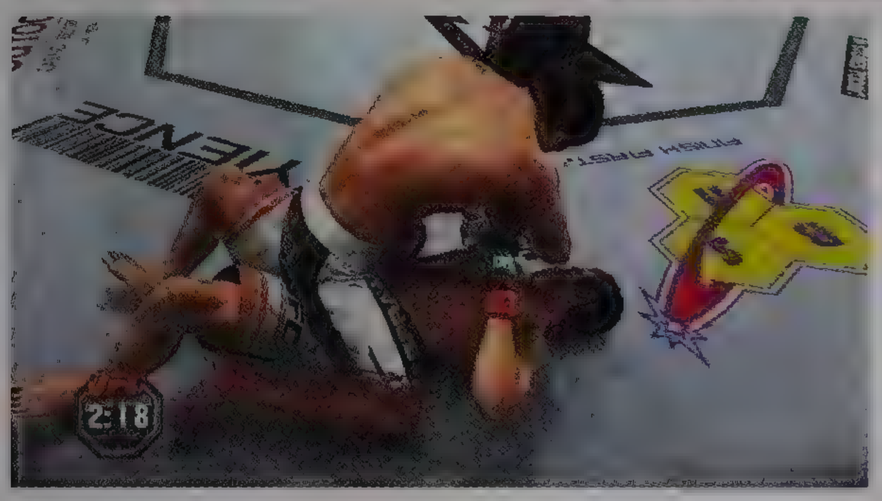
RECORD

OVERALL>	12-3-0-0
UFC>	7-2-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON



Quarry does best on the ground where he can dish out damage while minimizing the effect of his opponent's offense.

Nate Quarry is a well-rounded fighter with above-average strength and cardio. His best offensive weapons are his standing and ground strikes, which are as heavy as his last name implies. He also has decent ground grapple offense, but he struggles in the clinch.

Quarry relies on his offense to compensate for lackluster defensive skills. He has some ability to resist takedowns, but he can get into trouble in the clinch, and he's particularly vulnerable to standing kicks.

ON YOUR FEET

Although Quarry is defensively limited in standing positions, his strength and skill with standing strikes make him a TKO threat, although he lacks true knockout power. Avoid the clinch at all costs, however; Quarry is universally mediocre when clinching.

Strike only when Quarry has an advantage over his opponent.

TO THE MAT

Quarry's ground grapple offense is one of his offensive highlights, and his ground strikes are his most potent weapon. However, if he winds up on defense, he can be tapped out or knocked for a loop by a skilled opponent. He does have decent cardio, though, which helps him retain the stamina necessary to execute a ground game plan.

Be patient and keep your energy high, use ground strikes when they count and take advantage of escape attempts by reversing them and improving your position.

TAKING THE FIGHT TO QUARRY

Stay on the offensive as Quarry's defenses are lower than his offense.

Nate Quarry's most dangerous offensive skills are his standing strikes and his ground strikes. If you can avoid or counter these, it's unlikely that he'll be able to finish you. He's limited in the clinch, and a dedicated striker can out-strike and kick him in a standing position.

ANDERSON SILVA

"THE SPIDER"

Anderson "The Spider" Silva is one of the most feared Muay Thai fighters in the world. After a dominating run in PRIDE and the independent MMA circuit, Silva came to UFC in 2006 as a middleweight and promptly knocked out Chris Leben in the first minute of the first round. His second fight took place at UFC 64, where he scored a TKO victory against UFC Middleweight Champion Rich Franklin, beginning a title reign that is now in its fourth year.

Since winning the UFC Middleweight Championship, Silva has gone undefeated in the UFC, with victories over Nate Marquardt, Dan Henderson, Patrick Cote, Demian Maia, and a second win over Rich Franklin. Ever in search of a challenge, Silva stepped up to the UFC Light Heavyweight Division in July 2008 and obliterated his opponent with a KO at 1:01 of the first round. He also defeated light heavyweight Forrest Griffin at UFC 101.

STATISTICS

AGE>	35
BIRTHDATE>	4/14/75
WEIGHT>	205/185 lbs.
HEIGHT>	6'2"
REACH>	75.5"
STANCE>	Southpaw and Switch

NATIONALITY

HOMETOWN
Curitiba, Brazil

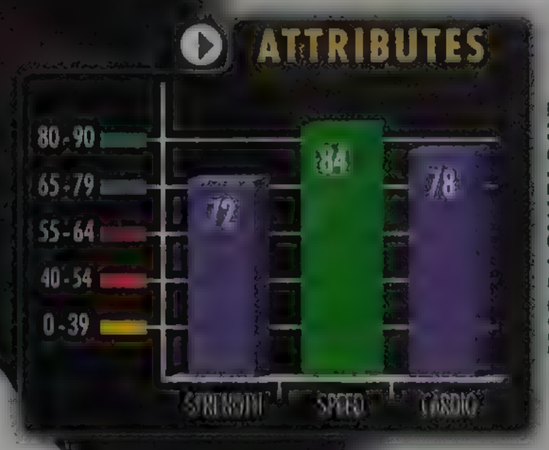
FIGHTING OUT OF
Curitiba, Brazil

FIGHT CAMP
Team Blackhouse

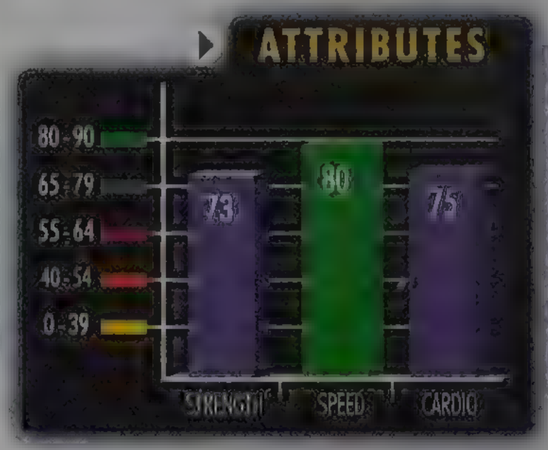
TRAINER
—

RECORD

OVERALL>	25-4-0-0
UFC>	10-0-0-0



MIDDLEWEIGHT



LIGHT HEAVYWEIGHT

IN THE OCTAGON

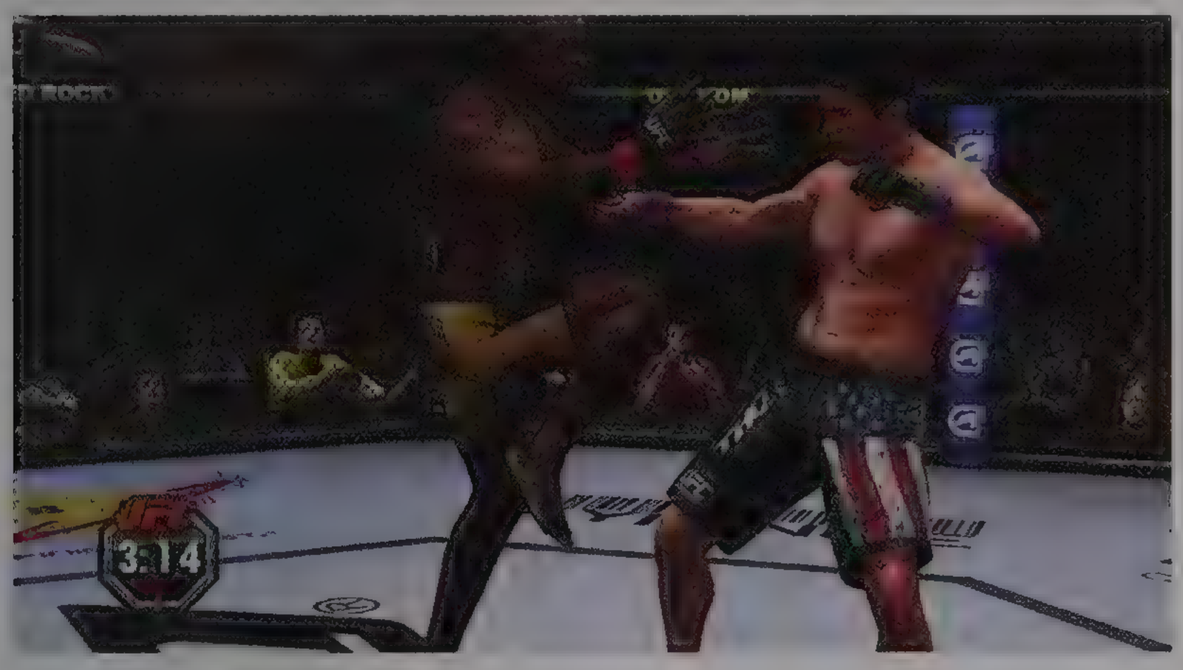
Use Silva's amazing speed and standing skills to frustrate opponents, whether you're counter fighting or keeping just out of reach of takedowns.

Offensively, Silva is a nightmare as long as he has his feet on the ground. He has legitimate knockout power with his standing strikes and kicks, and he has the most lethal clinch strikes of any fighter in the UFC. He's so fast that most opponents don't realize they've been hit until their corner tells them about it after the fight.

Defensively, Silva has no weaknesses. He is practically invincible in standing and clinch positions, and even his weakest defense (against submissions) would qualify as average or even good for some other fighters. Couple that with the fact that he's extremely difficult to take down and has high cardio, and you're looking at the closest thing to an undefeatable fighter as there is.

ON YOUR FEET

The clinch is where "The Spider" truly excels. Once he grabs a standing opponent, he can punish him with vicious Muay Thai strikes and pummel him at will without needing to fear much of a counter-attack. Even outside of the clinch, though, his offensive and defensive skills are universally elite. With his speed, he can either take the initiative or counter-punch effectively to put practically any opponent on dream street. Bottom line: if Silva is in a standing position, the fight is his to lose.



Silva's Muay Thai knees and whips will put the lights out in no time.

TO THE MAT

Anderson Silva is not a ground fighter. He is limited offensively when the fight goes to the mat, and he lacks ground grapple offense. However, his takedown and clinch grapple defense are so strong that it's difficult to put him there, and he's still defensively strong against ground grapples and strikes.

Even if you do manage to be taken to the ground, Silva has excellent defenses. Be patient, keep your stamina high, and look for a chance to escape.

TAKING THE FIGHT TO SILVA

Other than incredible skill and a fair amount of luck, there is no reliable strategy for defeating Anderson Silva. If there was, someone would have discovered it in the last four years. His speed gives him the ability to counter virtually any move you make. His takedown and clinch grapple defense are outstanding, and his ground grapple defense makes it hard to transition to an advantaged position.

Your only hope for defeating Silva is to take him down to the ground and try to tap him out, and that's extremely difficult. Your best bet at taking down Silva is to bait him into trying to counter you, then shooting for a guaranteed takedown. Once on the ground, be patient while softening him up with strikes.

CHAEL SONNEN

Before entering the world of mixed martial arts, Chael Sonnen was an NCAA Division I wrestler at the University of Oregon, a two-time University National Champion in Greco Roman wrestling and a US Olympic Team alternate.

Sonnen's UFC debut ended in a submission loss at UFC 55. After a successful run in WEC, Sonnen returned to the UFC at UFC 95, where Demian Maia beat him by submission in the first round. Since then, Sonnen has been on a three-fight undefeated streak, beating Dan Miller, Yushin Okami, and Nate Marquardt.

STATISTICS

AGE>	33
BIRTHDATE>	4/3/77
WEIGHT>	185 lbs.
HEIGHT>	6'1"
REACH>	74"
STANCE>	Southpaw

NATIONALITY

HOMETOWN
Milwaukie, OR

FIGHTING OUT OF
West Linn, OR

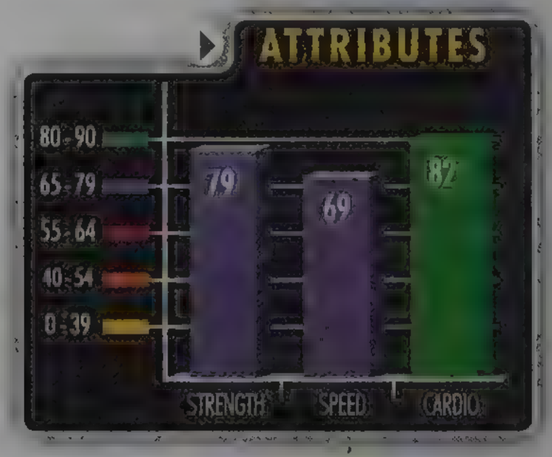
FIGHT CAMP
Team Quest

TRAINER

RECORD

OVERALL>	25-10-1-0
WEC>	7-4-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Sonnen has the tools to take the fight to the ground and end it there.

With his superior cardio and excellent ground skills, Sonnen is at his best when he is able to take opponents to the ground and punish them with strikes. This is by far his best strategy for finishing a fight, although his takedown and ground grapple skills and robust cardio allow him to stay busy on offense and win the decision.

Defensively, Sonnen has superior ground defense, decent standing defense and iffy submission defense. However, he's able to resist takedowns and transitions so well that few opponents are capable of putting him into a position where they can lock in a truly dangerous submission.

ON YOUR FEET

Although Sonnen is defensively strong on his feet, the standing position does not favor him. His striking skill is average, and his kicks are as far from deadly as it gets. Ideally, you want to trap opponents in the clinch and throw them to the mat where you can utilize Sonnen's impressive ground game.

Few fighters are able to resist Sonnen's takedown skill, so shoot for it early and keep the fight on the ground.

TO THE MAT

With his incredible takedown and clinch grapple skill, Sonnen is capable of bringing the fight to the ground at virtually any time. This is where he truly excels, with impressive ground grapple skills and absolutely lethal ground striking offense.

When on the ground, posture up to deliver vicious ground and pound when possible. You need to keep your stamina high, however, as Sonnen's submission defense is rather low.

TAKING THE FIGHT TO SONNEN

Sonnen's weakest point is his lack of submission defense; however, unless you can find a way to take him down and out-grapple him on the ground, you won't be able to take advantage of it. A better plan is to stand and strike with him, without letting him pull you into a clinch. Sonnen is not especially fast, so counter-punching is an effective strategy against him as well.

If the fight goes to the ground, watch for Sonnen's stamina to drop. If he's careless, make him pay with a submission.

THIAGO ALVES
"PITBULL"

Thiago Alves made his UFC debut on his 22nd birthday at UFC Ultimate Fight Night 2, facing Spencer Fisher. Fisher gave Alves a triangle choke and his first UFC loss as a birthday present. Despite a rocky start to his UFC career that saw him go 2-2 in his first four fights, Alves began the second year of his UFC run with a unanimous decision victory at Ortiz vs. Shamrock 3. It would be the first victory in a seven-fight streak.

After consecutive wins over Chris Lytle, Karo Parisyan, Matt Hughes, and Josh Koscheck, Alves earned a title shot against UFC Welterweight Champion Georges St-Pierre at UFC 100. St-Pierre won the unanimous decision, and Alves has been unable to fight due to injury since then. However, he is scheduled to return to the Octagon in summer 2010 and looks to reestablish his presence in the UFC Welterweight Division.

STATISTICS

AGE>	26
BIRTHDATE>	10/3/83
WEIGHT>	170 lbs.
HEIGHT>	5'9"
REACH>	68"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Fortaleza, Brazil

FIGHTING OUT OF
Coconut Creek, FL

FIGHT CAMP
American Top Team

TRAINER
Ricardo Liborio

OVERALL>	17-6-0-0
UFC>	9-3-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

Thiago Alves is a well-rounded fighter who is never at a huge disadvantage in any situation in the Octagon. Alves has excellent speed and strength, which augment his offensive skills to make him an effective striker in any situation. Offensively, he's most capable when standing or in the clinch. His standing kicks are especially dangerous.

As strong as he is on offense, Alves is even stronger defensively. He can go toe-to-toe with skilled strikers and counter-punch them effectively, and he has tremendous takedown and clinch grapple defense to prevent the fight from going to the ground. He's also difficult to tap out.

ON YOUR FEET

When fighting as Alves, keep the fight standing as much as possible. He is equally dangerous in the clinch or a standing position, and his leg kicks can weaken his opponent's takedown offense, protecting Alves from the fight going to the mat. With his great speed, Alves can counter an opponent's strikes and respond with impunity if your timing is good, so take advantage of it.

TO THE MAT

Alves has generally solid takedown and ground defense, but he has a severe lack of ground offense. His submission and ground grapple offense is not good at all, although his ground strikes do pack some power—if you can ever transition to a position where you can use them effectively.

Alves is difficult to take down and can counter takedown attempts with a stiff kick, but if the fight goes to the ground, you need to get it back to a standing position as soon as possible.

If you end up on the ground, wait for an opportunity to reverse a transition and take a dominant position.

TAKING THE FIGHT TO ALVES

Work Alves with ground and pound while limiting his reversal opportunities.

If his feet are on the ground, Alves is a constant knockout threat. Unless he's in a dominant position on the ground and able to throw heavy strikes, Alves is not much of a threat on the ground, so that's where you should try to fight him if you have any ground game at all.

Alves' submission defense is quite good, but his striking and ground grapple defenses are only slightly above average (making it difficult for him to get out of bad positions), as is his cardio. Keep him busy on the ground, and you stand a good chance of exhausting him and scoring a decision victory.

CARLOS CONDIT

"THE NATURAL BORN KILLER"

Carlos Condit was the WEC's final welterweight champion and came to the organization with an 18-4 record on the independent MMA circuit, including an impressive first-round submission victory over Frank Trigg. Condit went undefeated in five fights in the WEC, four of which were WEC Welterweight Championship fights.

Condit's April 2009 UFC debut against Martin Kampmann ended in Condit's first loss in nearly three years. Condit got the short end of a split decision, but he won his next fight at UFC Fight Night 19 by the same method.

STATISTICS

AGE>	26
BIRTHDATE>	4/26/84
WEIGHT>	170 lbs.
HEIGHT>	6'2"
REACH>	78"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Albuquerque, NM

FIGHTING OUT OF
Albuquerque, NM

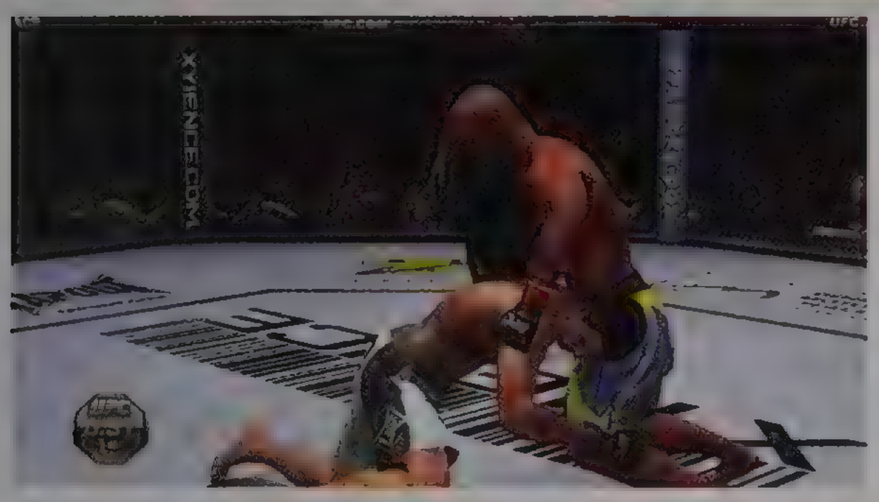
FIGHT CAMP>
Greg Jackson's Gym

TRAINER
Greg Jackson

RECORD

OVERALL>	24-5-0-0
UFC>	6-1-0-0

IN THE OCTAGON



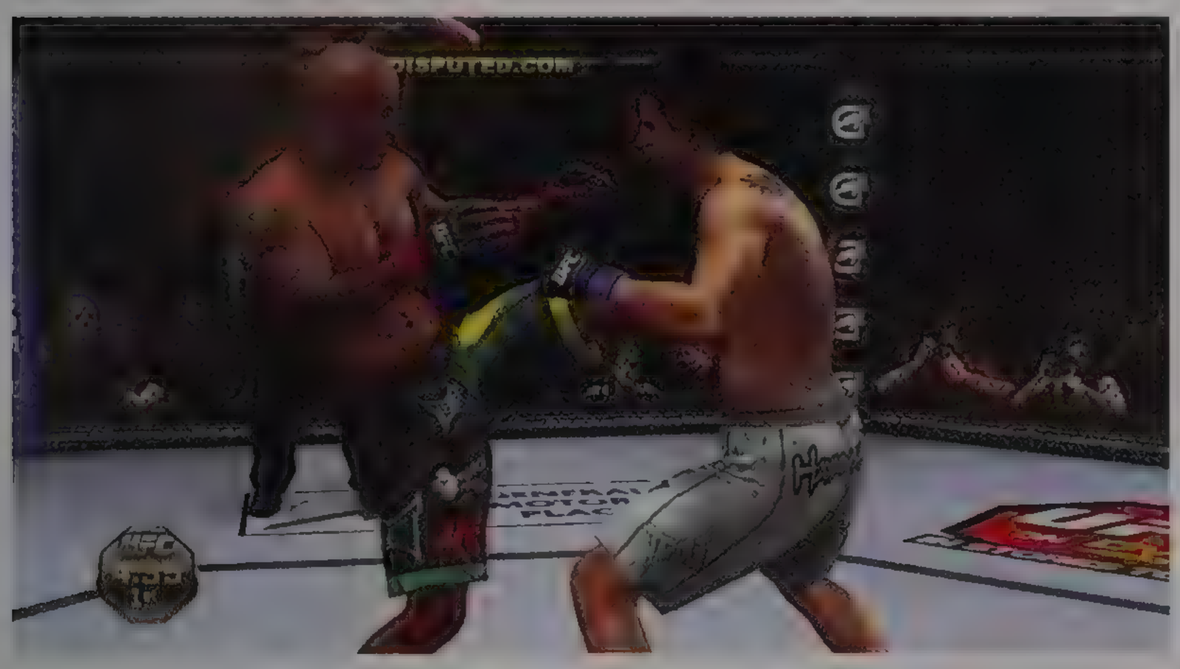
Push the pace and take the fight to the ground early.

Carlos Condit is a submission fighter with good speed and cardio. He lacks dominant takedown ability, but once he has opponents on the mat, his excellent ground grapple and submission skills help to keep them there until they tap out.

Defensively, Condit is fairly average across the board, with exceptional ground grapple defense. He suffers from poor takedown defense, but considering how high his ground grapple skills are, being taken down is not the worst thing in the world for him.

ON YOUR FEET

On his feet, Condit is an unremarkable fighter. His standing skills are average at best; his grapple skills are only slightly sharper. When you're fighting as Condit, your first priority should be to take the fight to the ground as quickly as possible while defending yourself as best you can.



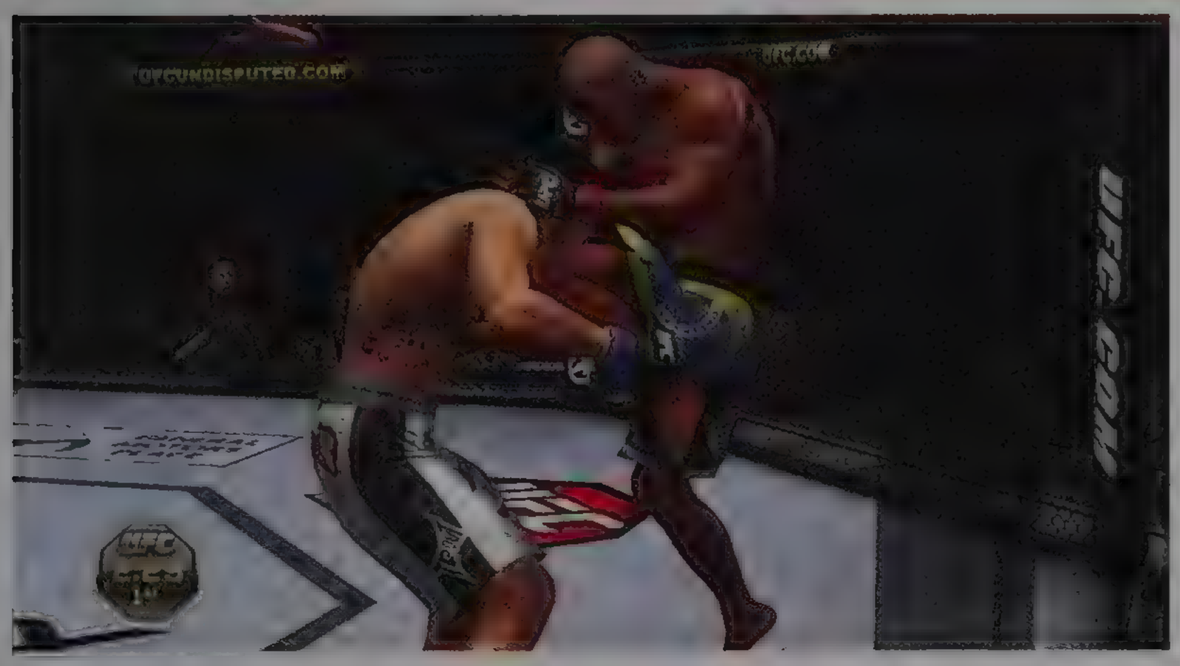
Look for an opponent to use a slower punch or kick and counter with a takedown attempt.

TO THE MAT

Condit's takedown offense and clinch grapple offense are both only average, so unless you can leverage his high speed to take an unwary opponent down quickly, it can be difficult to take them to the mat, where Condit is strongest. Once on the ground, use strikes to soften up opponents while looking to block or reverse any escapes.

Allowing an opponent to take you down is actually a good strategy for Condit, as his top-notch ground grapple skills allow him to take an advantaged position without much trouble. Condit is a much better submission artist than he is a striker, so go for the tapout as opposed to the TKO.

TAKING THE FIGHT TO CONDIT



An elite clinch fighter will also do well against Condit.

Because Condit is only a dominant fighter on the ground, you need to keep the fight standing and take advantage of his lackluster standing and clinch defense. Use fast punches and kicks to deny Condit easy counter opportunities. Don't underestimate his speed, though, and don't forget about his cardio. If you swing for the fences without pacing yourself, Condit will outlast you and make you pay for it in the later rounds.

MARCUS DAVIS

"THE IRISH HAND GRENADE"

After competing in the second season of The Ultimate Fighter and losing his UFC debut match at The Ultimate Fighter 2 Finale, Marcus Davis returned to the independent MMA scene to try to rebuild his momentum. When he reappeared at UFC: Ortiz vs. Shamrock 3, "The Irish Hand Grenade" exploded into the Welterweight Division with the first of six consecutive victories.

Davis's almost two-year winning streak was ended by Mike Swick at UFC 85, but he rebounded with a pair of wins, including a split decision victory over Chris Lytle at UFC 93, that improved his UFC record to 8-2. And despite losses at UFC 99 and 106, Davis is still hot on the trail of welterweight gold.

STATISTICS

AGE>	36
BIRTHDATE>	8/24/73
WEIGHT>	170 lbs.
HEIGHT>	5'10"
REACH>	69.5"
STANCE>	Southpaw

NATIONALITY

HOMETOWN
Houlton, ME

FIGHTING OUT OF
Bangor, ME

FIGHT CAMP
Sanford

TRAINER
Mark Bellefeuille

RECORD

OVERALL>	16-6-0-0
UFC>	8-4-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

Stay on the move and work at countering anything thrown at you.

Marcus Davis is a skilled standing striker with great speed and good cardio. He's at his strongest offensively in a standing position, where he can pick apart opponents with fast, powerful strikes. In all other positions, Davis's offense is average at best.

Defensively, Davis can hang with just about any striker in a standing position and can counter-strike them effectively. He also has impressive takedown defense, which is good, because his ground defense is not very sharp. Combine Davis' excellent speed and striking skill to keep opponents at bay.

ON YOUR FEET

Davis works best as a counter fighter, which also gives few opportunities for opponents to shoot for an easy takedown. He is a straightforward standing striker. His punches are his bread and butter, and he's capable of eating a few shots for the sake of returning one knockout blow. His kicks aren't as dangerous, but his defense against an opponent's kicks is quite good. Getting into the clinch is not recommended, as Davis's clinching skills are only average.

TO THE MAT

If the fight goes to the ground, Davis is in trouble. He has decent submission offense and slightly worse defense, but his ground grapple skills are poor. He can't withstand an opponent's ground and pound for long either, especially if they take advantage of his poor grappling to set him up for the ground strikes.

Your only chance against a talented ground fighter is to keep your guard up while looking for a chance to reverse a transition and getting back to your feet.

TAKING THE FIGHT TO DAVIS

As long as you fight Davis anywhere but a boxing match you will likely have the advantage.

Marcus Davis is a one-dimensional fighter. If you can neutralize his striking ability, you've taken away his main offense. Take the fight to the ground (preferably with a throw from a clinch grapple) and advance your position without much trouble. Davis won't last long against a skilled submission artist or ground striker, so go with the technique that favors your fighter most and finish him off.

JON FITCH

Jon Fitch made an immediate impact in UFC when he debuted at Ultimate Fight Night 2. His unanimous decision victory was the start of an eight-win streak that saw him triumph over established UFC fighters like Josh Burkman, Thiago Alves, and Diego Sanchez. UFC Welterweight Champion George St-Pierre kept Fitch from a ninth straight win, which would have set a UFC record.

The loss to St-Pierre is Fitch's only UFC loss to date. Since the St-Pierre fight, Fitch has won four consecutive unanimous decisions at UFC 94, 100, 107, and 111. With a stellar 12-1 record, it's only a matter of time before Jon Fitch re-enters the title picture.

STATISTICS

AGE>	32
BIRTHDATE>	2/24/78
WEIGHT>	170 lbs.
HEIGHT>	6'0"
REACH>	76"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Ft. Wayne, IN

FIGHTING OUT OF
San Jose, CA

FIGHT CAMP
American Kickboxing Academy

TRAINER
Dave Camarillo

RECORD

OVERALL>	21-3-0-1
UFC>	10-1-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

Fitch has the skills to take the fight where he wants it and keep it there.

Jon Fitch might be the best-conditioned fighter in the entire UFC. His cardio is off the charts, and his defense is universally solid. Although he has excellent takedown, ground grapple and submission skills, his defense and cardio allow him to stay busy enough to win fights by decision, so patience is definitely a virtue when fighting as Fitch.

Defensively, Fitch is good on his feet, even better in the clinch, and nearly invincible against ground grapples and submissions. With his aforementioned excellent cardio, he can out-work practically any other fighter on the ground, taking advantage in the later rounds or setting himself up for a decision win.

ON YOUR FEET

Fitch is defensively capable against standing strikes and kicks, but he doesn't bring much offense to the table in standing situations. He's much stronger in all areas in the clinch, capable of doing significant striking damage and throwing an opponent to the mat virtually at will.

Fight strong ground fighters in the clinch. Fitch is difficult to throw to the mat and will be able to keep an advantaged position in the clinch.

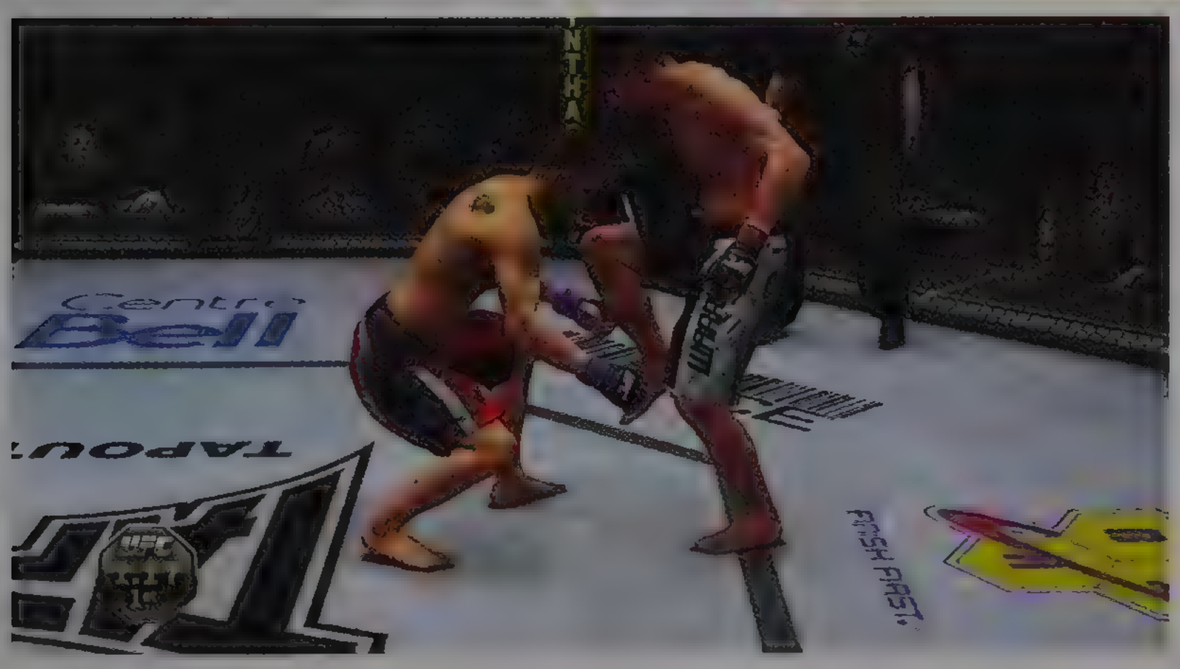
TO THE MAT

Although Fitch is a solid clinch fighter, the ground is where you want to take the fight. His takedown offense is superb, and his ground grapple skills are nearly as sharp. When it comes to finishing off opponents, his submissions and clinch strikes are equally good choices, so use the method against which your opponent is weakest.

Above all, stay busy on the ground. Not only will you exhaust opponents as they try to avoid being knocked or tapped out, it impresses the judges. Since Fitch's cardio carries him through fights, he's especially dangerous in the later rounds.

Use ground strikes to work opponents; if they ever let their stamina drop, transition or go for a submission.

TAKING THE FIGHT TO FITCH



Beating Fitch isn't easy. He's so strong defensively that it's hard to find weaknesses to exploit, and he's likely to outlast virtually any fighter, coming out as strong in the later rounds as he did in the early rounds.

The two keys to victory are to finish Fitch early, before you wind up gassed, and to keep the fight standing as much as possible. Fitch's standing skills are his weakest area, and even though his defense remains high, you won't have much to fear from his offense.

ROYCE GRACIE

UFC Hall of Famer Royce Gracie is, for many UFC fans, the most prominent member of the legendary Gracie family of Brazilian martial artists. He appeared at the very first UFC event and won three fights to become the first Ultimate Fighting Championship tournament winner, a feat he would repeat twice more in the first four UFCs. Gracie has a record of 14 wins and two losses, with three draws. 11 of those wins came in the UFC.

STATISTICS

AGE>	43
BIRTHDATE>	12/12/66
WEIGHT>	175 lbs.
HEIGHT>	6'1"
REACH>	76.5"
STANCE>	Southpaw

NATIONALITY

HOMETOWN
Rio De Janeiro, Brazil

FIGHTING OUT OF
Torrance, CA

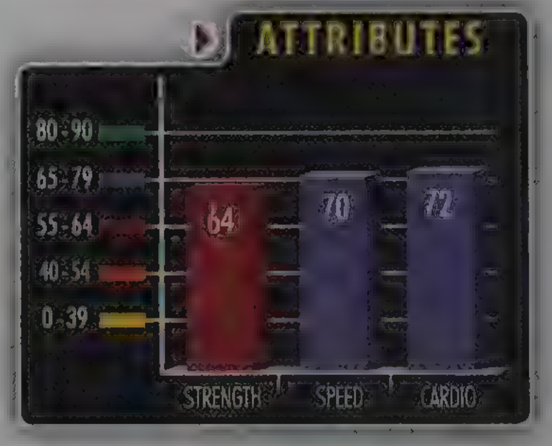
FIGHT CAMP
Gracie Jiu-Jitsu

TRAINER
—

RECORD

OVERALL>	14-3-3-0
UFC>	11-2-1-0

ATTRIBUTES



SKILLS

PLAYSTATION 3 EXCLUSIVE

Royce Gracie is initially available exclusively to the PlayStation 3 version of UFC 2010 Undisputed.

IN THE OCTAGON

Look to take the fight to the ground as soon as possible, where Gracie's elite Jiu-Jitsu skills can be fully utilized.

Royce Gracie has the attributes of a man who, while in excellent shape, is beginning to show the effects of the passing years. His speed and cardio are average, but his strength is less impressive. However, in terms of skill, his ground grappling and submissions are as amazing as ever.

Defensively, Gracie is extremely hard to beat on the ground. In standing positions or the clinch, it can be a different story, but he's almost impossible to tap out, and he can out-grapple some of the best fighters in the UFC.

ON YOUR FEET

The standing fight does not favor Gracie. He's not as quick as he was, and he's prone to getting rocked. You should always look for a takedown opportunity, even if it means allowing an opponent to take you to the mat. Gracie's ground grapple skill is good enough that he can take control once the fight goes to the ground.

Either work to shoot for a takedown under a poorly timed strike or clinch and pull the fight down into Gracie's guard.

TO THE MAT

On the ground, Gracie is in his element. Use his ground grappling to get into a dominant position and lock in a submission. Gracie's ground striking defense is impressive, but his offense is only average.

Use strikes to soften up opponents while looking for transition or reversal opportunities. Attempt to lock in a submission if an opponent ever lets himself get too tired.

TAKING THE FIGHT TO GRACIE

Keep on the move and keep your strikes unpredictable. Don't let Gracie close on you, and use kicks to weaken his legs.

As long as you can keep the fight standing, you have an excellent chance of beating Gracie. Unfortunately, he doesn't make that easy. If he pulls you into the clinch, his next move will be to throw you to the ground, where he's dominant. Keep him standing and make him work to tire him out, and then go for the win by KO or TKO.

DAN HARDY

"THE OUTLAW"

Nottingham's Dan Hardy fought for four years in the Japanese and European MMA circuits, bringing a 19-6-0-1 record with him into his UFC 89 debut. In that fight, he won a split decision, the first of four consecutive victories that saw him prevail over Marcus Davis at UFC 99 and Mike Swick at UFC 105.

Hardy's first (and, to date, only) UFC loss came against UFC Welterweight Champion Georges St-Pierre in the main event of UFC 111. Hardy was able to withstand St-Pierre's punishing ground game and a few tight submissions to force the fight to go to a decision.

STATISTICS

AGE>	28
BIRTHDATE>	5/17/82
WEIGHT>	170 lbs.
HEIGHT>	6'0"
REACH>	74"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Nottingham, England

FIGHTING OUT OF
Nottingham, England

FIGHT CAMP
Team Rough House

TRAINER
—

RECORD

OVERALL>	24-6-0-1
UFC>	5-0-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

Fighting as a counter fighter works best and helps deny opponents opportunities to take Hardy to the ground.

Dan Hardy is primarily a striker whose impressive standing strikes and kicks are augmented by his tremendous natural speed, making him an effective counter-striker. He's also an effective clinch striker, but his ground offense is limited.

Defensively, Hardy is mediocre against ground attacks and submissions, but he has excellent takedown defense. When in a standing position or in the clinch, he's solid defensively.

ON YOUR FEET

Hardy has tremendous defense in any standing or clinch situation, and his lightning-fast hands and feet give him the ability to beat opponents to the punch (or kick). He also has respectable cardio, so between his skills and natural attributes, there's no reason for him not to go for the TKO or knockout early in the fight, knowing that he can hold up well for the later rounds.

Fight strong ground opponents from the outside and move into the clinch against elite strikers.

TO THE MAT

Hardy's takedown and clinch grapple skills are excellent, which is good, because he struggles offensively and defensively on the ground. A skilled ground grappler can advance position against him with little effort, and Hardy lacks effective submission or ground striking defense. If the fight goes to the mat, don't waste any time trying to get back to your feet.

TAKING THE FIGHT TO HARDY

Dan Hardy is weakest on the ground, and that's where the fight needs to go. Of course, with his high takedown defense and clinch grapple defense, it's not easy to put him there. Try to bait a slow strike from Hardy then score a guaranteed takedown. Once he's on the ground, don't give him any easy reversals.

Once you get him down to the ground, he's equally vulnerable to submissions and ground strikes. Make carefully timed transitions to overcome his ground grapple defense and keep him on his back while you look to finish him. Keep your transitions unpredictable.

DUSTIN HAZELETT

"MCLOVIN"

Although Dustin Hazelett entered the UFC with a 7-2 professional record in the MMA independent circuit, his debut was a rude awakening for him, ending in a first-round loss by submission. However, Hazelett refocused his efforts and won his next three fights.

His next loss came against Josh Koscheck, who defeated him by TKO at UFC 82. Hazelett bounced back with two spectacular submission wins, establishing himself as one of the game's most deadly ground fighters.

STATISTICS

AGE>	24
BIRTHDATE>	4/29/86
WEIGHT>	170 lbs.
HEIGHT>	6'1"
REACH>	77"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Louisville, KY

FIGHTING OUT OF
Cincinnati, OH

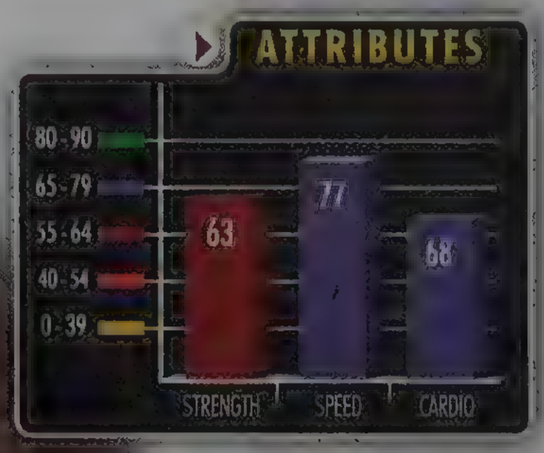
FIGHT CAMP
Team Jorge Gurgel

TRAINER
Jorge Gurgel

RECORD

OVERALL>	12-5-0-0
UFC>	5-3-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Hazlett's high speed improves his takedown ability.

Dustin Hazelett is a ground-based submission fighter with good speed but lackluster strength. His takedown techniques leave something to be desired, but once he has an opponent on the ground, his elite ground grapple and submission offense allow him to transition into a dominant position effortlessly and exert extreme pressure on his opponent's joints.

Defensively, Hazelettt is about as good as it gets on the ground, with excellent ground grapple and submission defense and impressive ground striking defense as well. His defense is average in the clinch and leaves something to be desired in standing situations.

ON YOUR FEET

Because Hazelett's standing defense is unremarkable and his standing offense is even less impressive, you should spend as little time as possible on your feet. Hazelett's speed is a big asset when fighting defensively in a standing position, but his lack of strength and offensive skill ensure that he won't have the chance to do much damage.

Use Hazelett's speed to catch fighters with a takedown while they are trying to strike.

TO THE MAT

Hazelett's takedown and clinch grapple offense are both average at best, but once he manages to take an opponent to the ground, he's capable of dominating him with incredible ground grapple and submission skills. Use strikes to soften up opponents while you wait for them to use their stamina, then go for the submission. However, keep in mind that Hazelett's cardio is low for a ground grappler, so fight to finish, not for the decision.

TAKING THE FIGHT TO HAZELETT

Stay aggressive to take out Hazelett, just don't let your stamina drop if you're on the ground.

There are a number of different ways to beat Hazelett. If you can keep the fight standing, his low strength and unimpressive standing offense mean you should have little to fear from his punches and kicks. He doesn't have much in the way of standing defense either.

While he is a skilled ground fighter, his low strength is still a factor when it comes to trying to make an opponent tap out. Furthermore, his mediocre cardio means that he won't have the stamina to use his ground game effectively in the later rounds.

MATT HUGHES

Most UFC fans were first introduced to Matt Hughes as one of the coaches on the second season of The Ultimate Fighter, but Hughes had already established himself as a dominant fighter long before then. After appearing at UFC 22, UFC 26, and UFC 29, Hughes finally came to the UFC full-time at the end of 2002, when he won the UFC Welterweight Championship at UFC 34. He defended it successfully five times before finally losing it to BJ Penn at UFC 46.

After Penn vacated the title, Hughes fought and defeated Georges St-Pierre for it at UFC 50. He cemented his claim to the belt by stopping Penn in the third round of his UFC 63 title challenge. However, St-Pierre succeeded in his second title challenge, defeating Hughes for the championship at UFC 65 and repeating the win in their "rubber match" at UFC 79. Following a loss against Thiago Alves at UFC 85, Hughes faced longtime rival Matt Serra at UFC 98 and beat him via unanimous decision. He then went on to score a TKO victory over the legendary Renzo Gracie at UFC 112 seconds before the end of the fight.

STATISTICS

AGE>	36
BIRTHDATE>	10/13/73
WEIGHT>	170 lbs.
HEIGHT>	5'9"
REACH>	73"
STANCE>	Orthodox and Switch

NATIONALITY

HOMETOWN
Hillsboro, IL

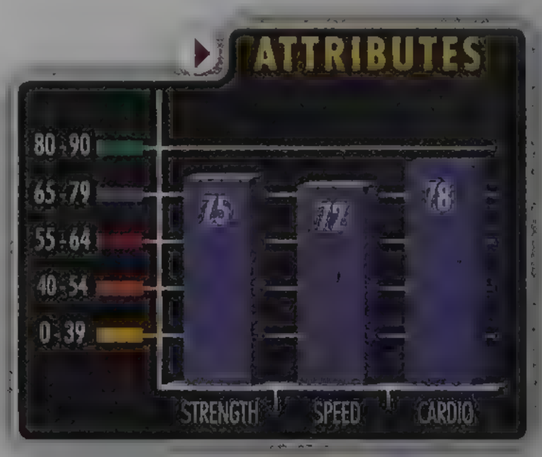
FIGHTING OUT OF
Hillsboro, IL

FIGHT CAMP
The MIT Squad

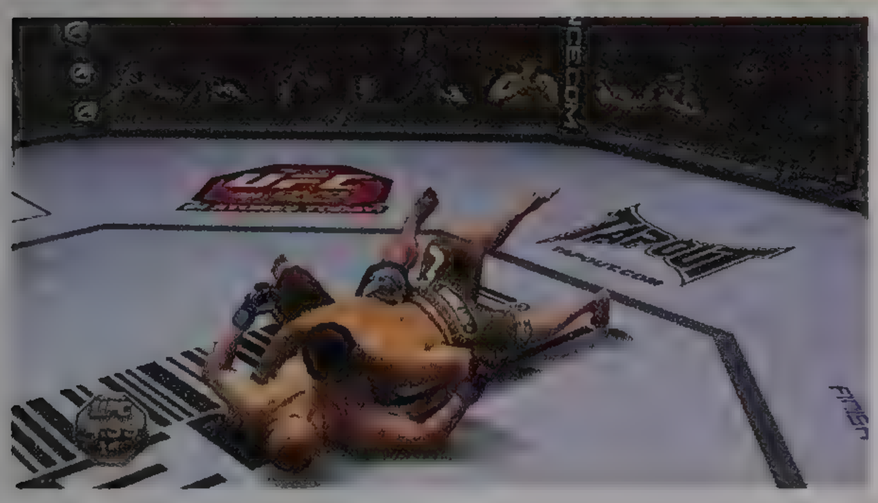
TRAINER
—

RECORD

OVERALL>	43-7-0-0
UFC>	15-5-0-0



IN THE OCTAGON



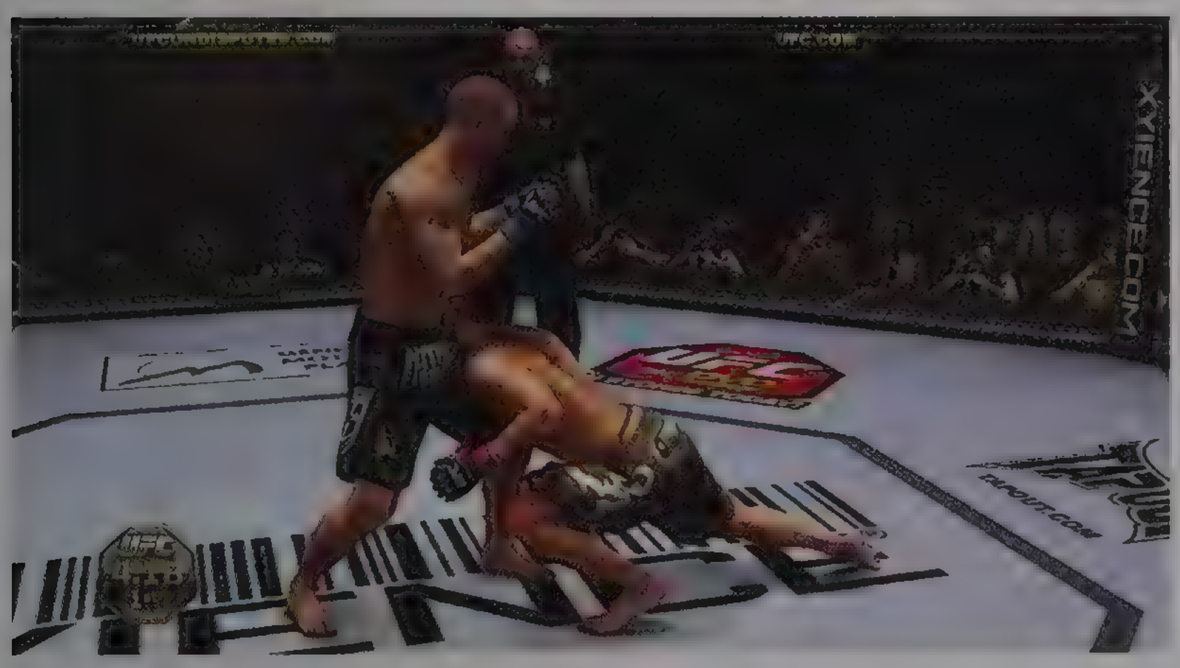
Hughes does best when he is able to stay on offense, especially on the ground where he can control the match.

Matt Hughes' amateur wrestling background serves him well in the UFC, as indicated by his superb takedown, clinch grapple and ground offense. If Hughes wants to bring the fight to the ground, that's where it's going, and he's deadly once he's down there.

Defensively, Hughes has decent standing defense, but he's by no means invincible on his feet. He's safer in the clinch and extremely hard to beat on the ground. Plus, with his elevated cardio, he doesn't run out of steam quickly.

ON YOUR FEET

When the fight is standing, there's no reason to do anything other than look for a clinch or takedown opportunity. Hughes' standing offense is practically non-existent, and all of his best offense and defense comes when the fight goes to the mat. If you wind up in trouble, go into a clinch right away, where Hughes is much more resistant to damage.

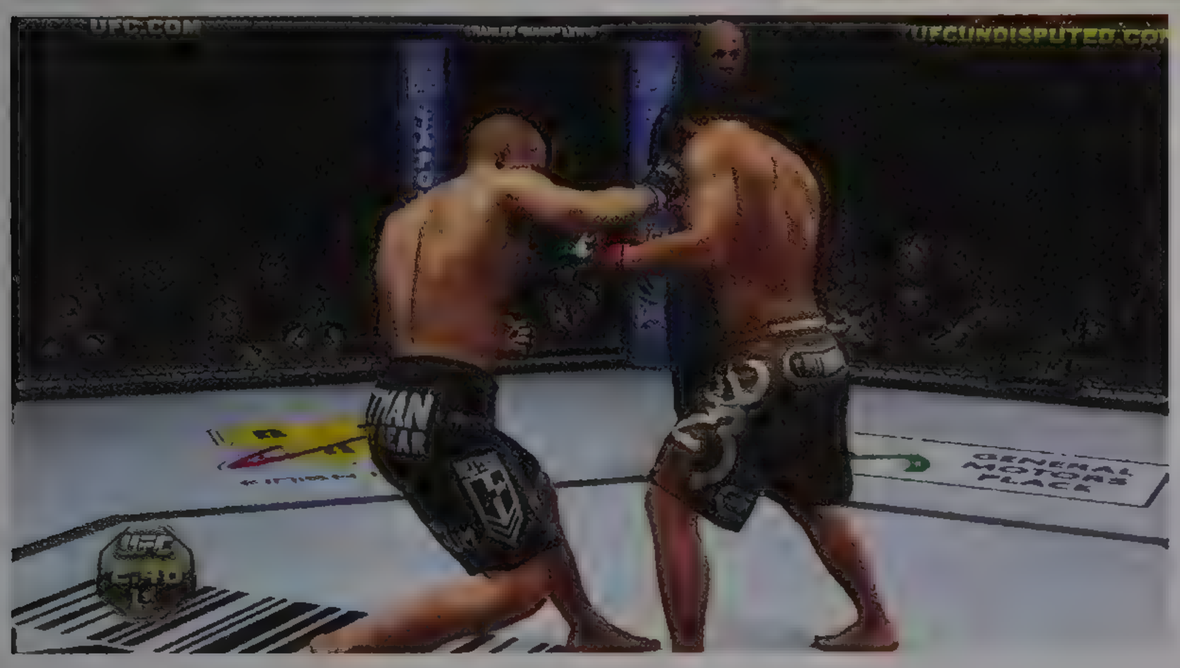


TO THE MAT

Few UFC fighters can shoot for the takedown as well as Hughes, and he's capable of throwing virtually any opponent to the ground from a clinch grapple as well. Once you put an opponent down on the mat, stay on offense and use Hughes' ground grapple skill to transition efficiently. Hughes is capable of finishing an opponent with strikes or submissions equally well, so use the method against which your opponent has lower defense. Make your transitions unpredictable, or else opponents may just reverse you.

Posture up and deliver ground and pound when you can, submit opponents if they're tired.

TAKING THE FIGHT TO HUGHES



Keep Hughes on the defensive and keep your stamina high.

Your best tactic against Hughes is to keep the fight standing. Even if your standing offense is average, his defense isn't much better, and you have little to fear from his punches and kicks.

If the fight goes to the ground, you're in trouble as long as Hughes remains on offense. However, it's worth noting that Hughes' ground defense—while impressive—is not airtight. A strong, skilled grappler with high cardio can hang with him on the ground and outwrestle him, but most fighters want to avoid this scenario as much as possible.

ANTHONY JOHNSON

"RUMBLE"

Anthony Johnson is only in the fourth year of his professional MMA career and has been a UFC fighter for less than three years, but he's already earned a reputation as a welterweight to watch. After winning his debut fight at UFC Fight Night 10 with a 13-second knockout, he improved his record to 2-1 going into a 2008 fight against Kevin Burns, which Johnson lost by TKO following a poke to the eye.

Johnson avenged the loss to Burns at The Ultimate Fighter Finale Team Nogueira vs Team Mir when he knocked out Burns with a kick to the head. Since then, Johnson has gone 2-for-3 with a pair of first-round TKOs, and his only loss coming against Josh Koscheck at UFC 106.

STATISTICS

AGE >	26
BIRTHDATE >	3/6/84
WEIGHT >	170 lbs.
HEIGHT >	6'2"
REACH >	78"
STANCE >	Orthodox and Switch

NATIONALITY

HOMETOWN
Dublin, GA

FIGHTING OUT OF
[illegible]

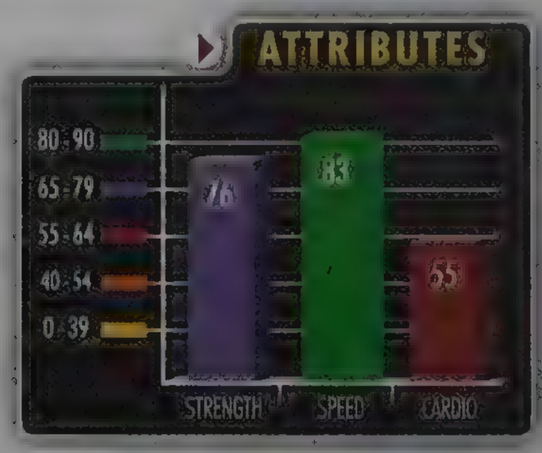
FIGHT CAMP
Universal Strength
[illegible]

TRAINER
[illegible]

RECORD

OVERALL >	8-3-0-0
UFC >	5-3-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Johnson does best fighting as a counter striker, utilizing his speed to avoid taking hits and bad situations.

Anthony Johnson's strength and speed augment his standing striking skills, making him a legitimate knockout artist who prefers to strike first and let a good offense be his defense. Outside of his standing offense, however, he lacks above-average offensive technique, and he is virtually helpless on the ground.

Defensively, Johnson has some skill at stuffing takedown and throw attempts, but he's generally average or worse on defense. He also suffers from low stamina, which makes it hard for him to last deep into fights. All three of his losses have come in the second or third round; four of his five wins have been first-round TKOs or knockouts. None of his fights have gone to a decision.

ON YOUR FEET

Johnson is at his best when he's standing at striking range and able to put his quick strikes to work. Backed up by skill and strength, he is more than capable of rocking or even knocking out an opponent. His kicks are somewhat less formidable but still dangerous, and he has decent but not stellar offensive skills in the clinch.

Use sways and counter-punches to avoid taking damage while dealing out your own. Mix in some leg kicks to keep opponents guessing and slow their offense.

TO THE MAT

Johnson's takedown defense and clinch grapple defense are both better than average, which is good, because his ground skills are practically non-existent. If a fighter succeeds in taking him down, Johnson has very little ground grapple skill to prevent him from taking a dominant position, and he's extremely vulnerable to submissions. When fighting as Johnson, do not let the fight stay on the ground for long.

If Johnson is taken down, don't expect many shots at reversing transitions before opponents has him mounted. Make your reversal attempts count and get the fight standing.

TAKING THE FIGHT TO JOHNSON

If you can avoid being knocked out by Johnson in the first round, his history suggests that you are favored to win the fight. The best way to do that is to take him to the ground and keep him there. Although his ground grapple and takedown defense are good, a skilled fighter can overcome them.

Once you have Johnson on the ground, transition to a dominant position—it's not hard—and lock in a submission to stretch him until he taps. If you have significant ground striking offense, you can lay in some ground and pound as well, since Johnson lacks impressive ground striking defense. Above all, keep in mind that his cardio is extremely low, so if you keep him busy on the ground for a round, he won't have much left in the tank for the next one.

MARTIN KAMPMANN

"THE HITMAN"

Martin "The Hitman" Kampmann came to the UFC as a middleweight at UFC Fight Night 6, where he won by submission in the first round. He racked up another three victories over the following two years before being handed his first UFC loss (and only the second loss of his career) by Nate Marquardt at UFC 88.

Following that fight, Kampmann dropped down to the UFC Welterweight Division, where he has a 3-1 record so far, including a split-decision victory over Carlos Condit in the main event of UFC Fight Night Condit vs Kampmann.

STATISTICS

AGE>	28
BIRTHDATE>	4/17/82
WEIGHT>	185/170 lbs.
HEIGHT>	6'0"
REACH>	71"
STANCE>	Orthodox

NATIONALITY:

HOMETOWN:
Aarhus, Denmark

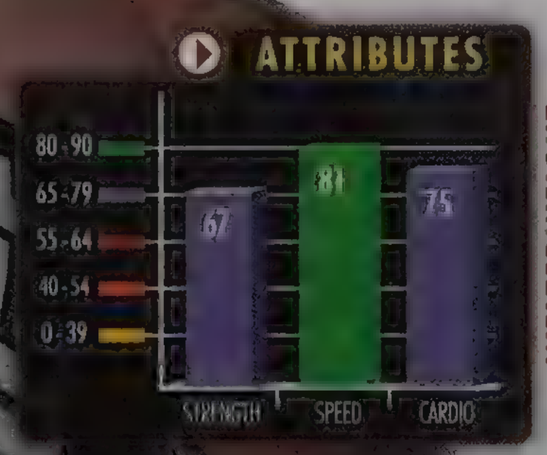
FIGHTING OUT OF:
Las Vegas, NV

FIGHT CAMP:
Xtreme Couture

TRAINER:

RECORD

OVERALL>	16-3-0-0
UFC>	7-2-0-0



IN THE OCTAGON

Get opponents to trade strikes against you, then shoot for a takedown when they become predictable with strikes.

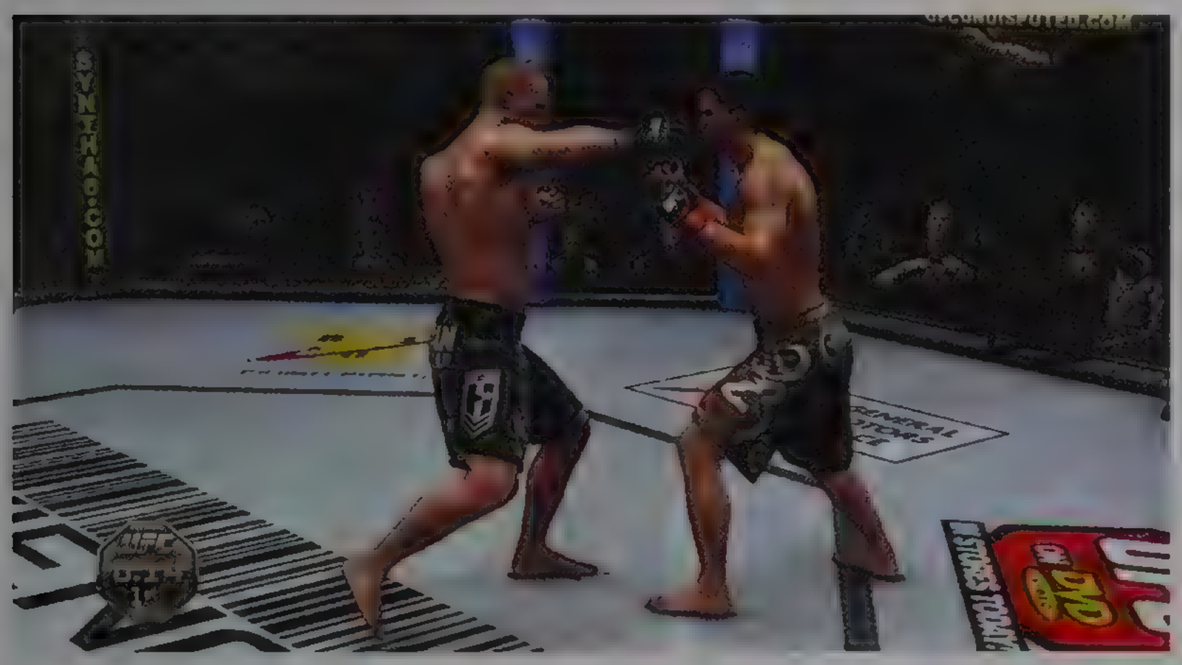
Kampmann's most potent offensive skill is his submission offense. His great speed and standing offense skill make him an effective standing striker, although he lacks the strength to be a true knockout threat.

On defense, Kampmann is generally average across the board, with poor clinch grapple defense but good submission defense. His standing defense is good enough for him to stand and trade blows with a fairly skilled striker, but you must make good use of his speed to do it.

ON YOUR FEET

When facing an opponent with average or below-average striking defense, use Kampmann's speed to block and counter your opponent's strikes and land carefully timed shots to inflict maximum damage. Kampmann's clinch striking skills are good, but he struggles with clinch grappling.

Kampmann is a decent counter fighter. This is a good tool for frustrating opponents and creating openings for takedowns.



TO THE MAT

If Kampmann can get opponents to the ground and establish a dominant position, he can make their life miserable with his submission skill. Because his takedown and ground grapple skills are only average, you need to compensate for them with Kampmann's speed and pick your moments carefully.

Use ground striking to force escape attempts and look to reverse them to improve your position.

TAKING THE FIGHT TO KAMPMANN

Other than his submission skills, Kampmann lacks any real strengths on offense or defense, but his speed makes him a persistent pest. Take him on with the methods at which your fighter excels, be careful not to let Kampmann counter your best stuff, and avoid letting him establish a dominant position and lock in a submission.

As long as you stay on the offensive, you can fight wherever your fighter has the strongest offense. Keep your stamina high, so you don't fall prey to a submission.

DONG HYUN KIM

"STUN GUN"

Korean welterweight Dong Hyun Kim arrived in the UFC with a record of nine wins, no losses and a draw from his days on the Japanese and Korean MMA circuits. In his first four fights, he has won three and had the fourth retroactively declared a no-contest.

Kim has not fought since his unanimous decision victory over TJ Grant at UFC 100, due to injuries sustained in training. He is currently scheduled to fight Amir Sadollah at UFC 114.

STATISTICS

AGE>	28
BIRTHDATE>	11/17/81
WEIGHT>	170 lbs.
HEIGHT>	6'1"
REACH>	76"
STANCE>	Southpaw

NATIONALITY

HOMETOWN
Suwon, South Korea

FIGHTING OUT OF
Busan, South Korea

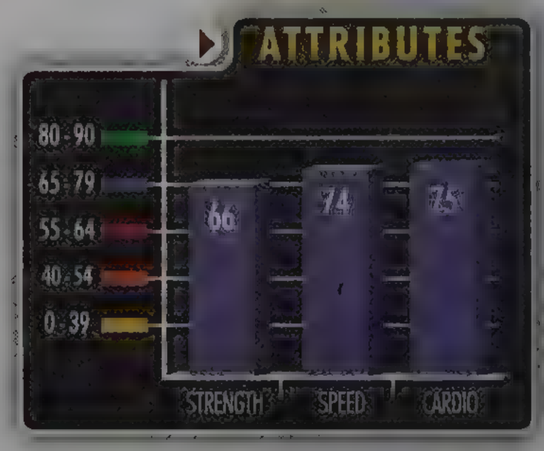
FIGHT CAMP
BUSAN TEAM M.A.D

TRAINER
Yoon Seonghun

RECORD

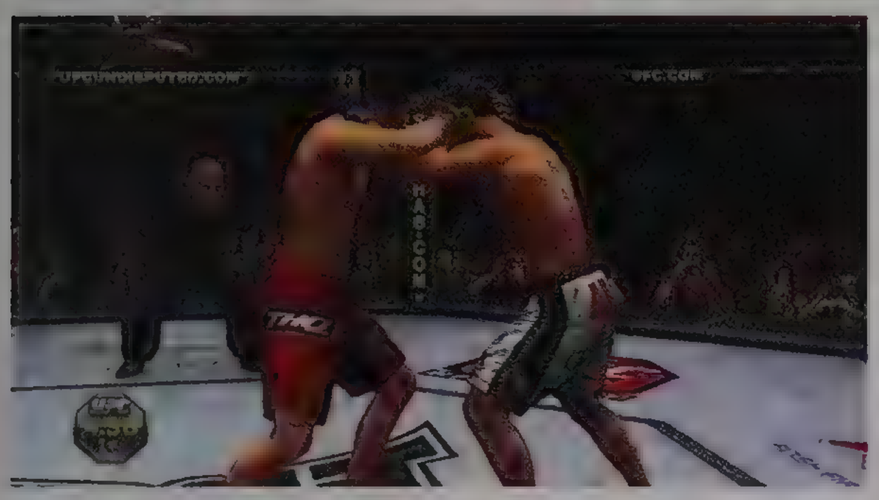
OVERALL>	12-0-1-1
UFC>	3-0-0-1

ATTRIBUTES



SKILLS

IN THE OCTAGON



Adopt your strategy to take advantage of opponents's weaknesses, though your best chances are in the clinch and ground.

Dong Hyun Kim is a well-rounded fighter who trades having a few dominant skills for a general versatility that gives him the ability to meet opponents on their terms. He lacks the strength required for true finishing power, but he has decent speed and offensive skill in every category except standing kicks and submissions. He is best suited to a clinch or ground offense.

Defensively, Kim has at least average skill in each area. He can withstand a few strikes on the ground or in a standing position, but he's better off using his speed and cardio to stay busy and avoid winding up on defense for extended periods of time.

ON YOUR FEET

Kim is stronger defensively than offensively in a standing position. In the clinch, the opposite is true. Although he has reasonable standing defense, he lacks the strength and skill to do much real damage against a legitimate striker.

Go to the clinch against all but the weakest striking opponents

TO THE MAT

Kim's takedown and clinch grapple offense give him the ability to take down a fatigued opponent fairly easily. He also has decent ground grapple offense that helps him to transition effectively. If you can gain a dominant position on the ground, hold it and deliver strikes. Posture up when possible and reverse escapes. However, he lacks true finishing skill and power, so approach every fight as if it is likely to go to a decision.

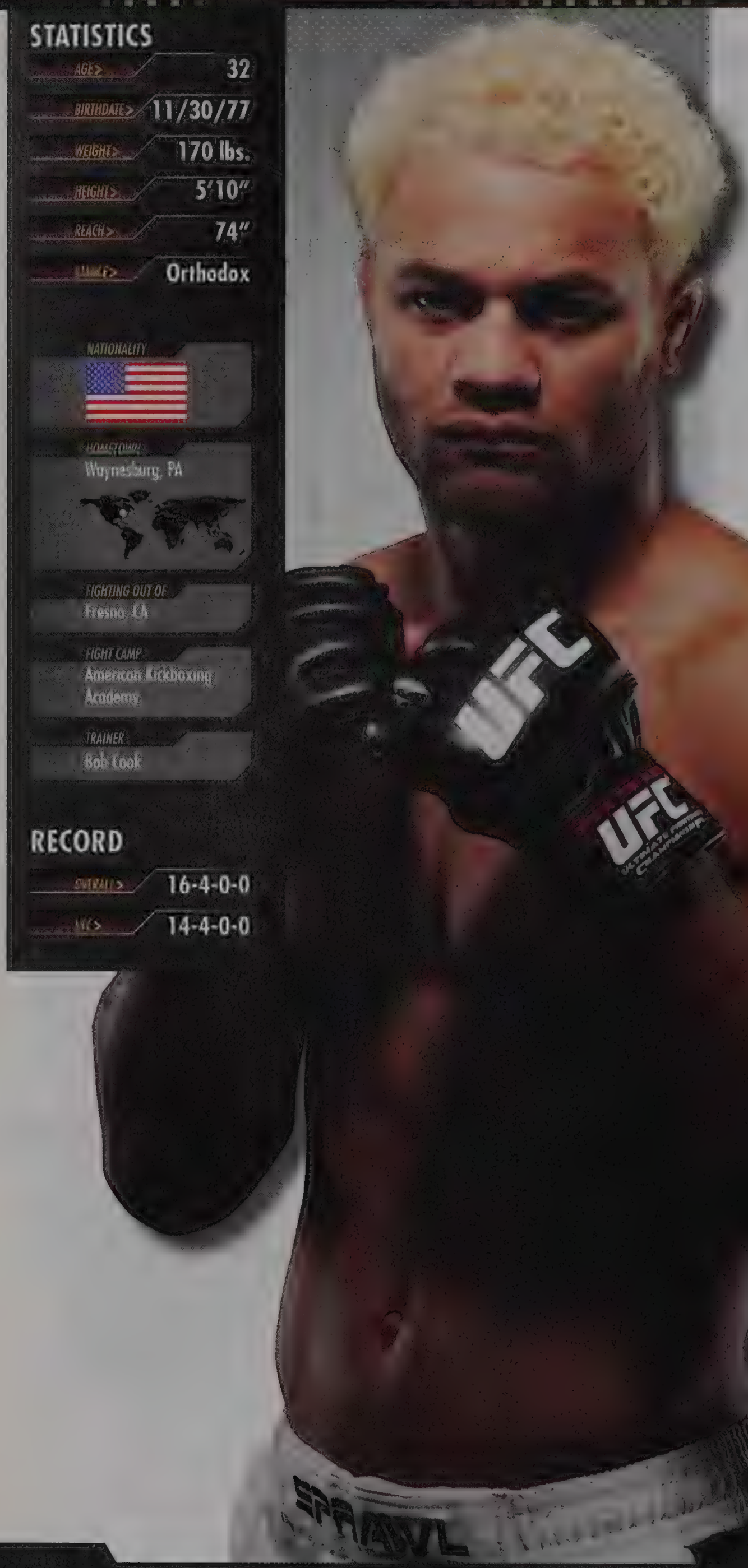
TAKING THE FIGHT TO HYUN KIM

Because Kim does not excel in any particular area, you have your choice of technique to use against him. Play to your strengths, and keep the pressure on him. Unless you have very mediocre skills and attributes (or are just careless), you should be able to overwhelm Kim with a determined offense and keep it from going to a decision.

JOSH KOSCHECK

Josh Koscheck made his first UFC appearance as a middleweight contestant on the first season of The Ultimate Fighter. Although he didn't win the competition, he did appear on the Ultimate Fighter Finale and scored a victory via a first-round knockout. After compiling a 7-1 UFC record that saw him avenge his TUF decision loss to Diego Sanchez, Koscheck lost via decision to Georges St-Pierre at UFC 74.

Since then, he's gone 5-2, earning a TKO against Dustin Hazelett, a decision over Chris Lytle, and a submission against Anthony Johnson. Although he has also lost to Thiago Alves by decision and Paulo Thiago by TKO, Koscheck remains one of the top-ranked welterweights in UFC.



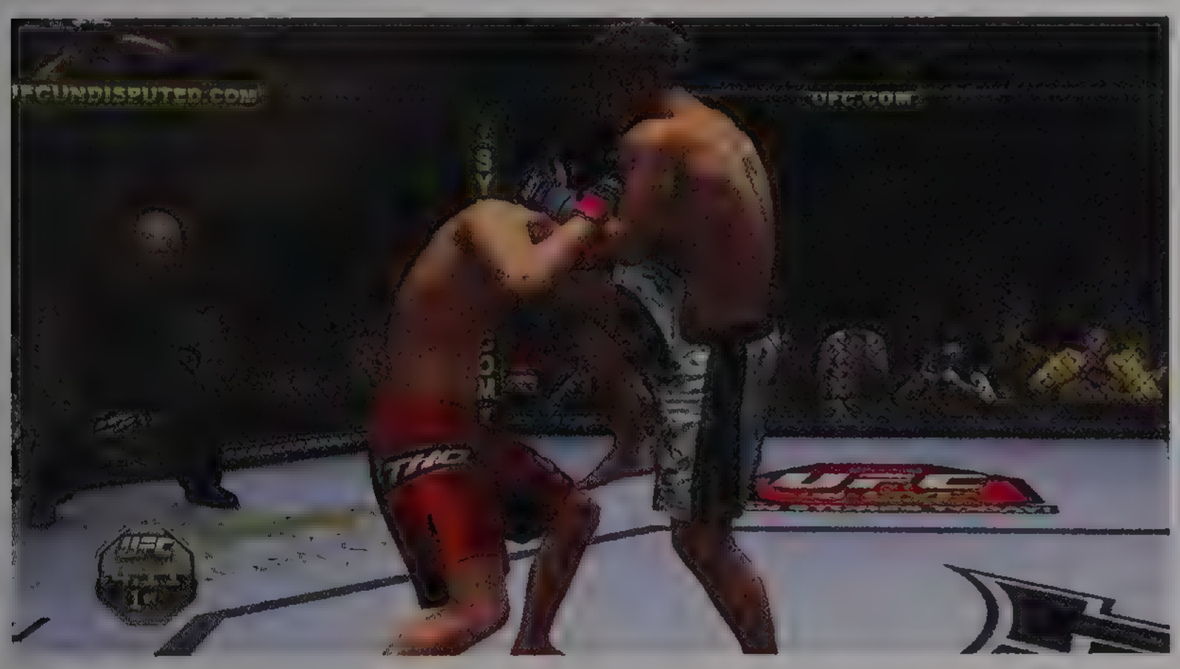
IN THE OCTAGON

Josh Koscheck has good strength and cardio and excellent speed, all of which augment his outstanding standing offense and ground and pound. He's also an offensive threat in the clinch, although his ground grappling and submission skills leave something to be desired.

Defensively, Koscheck has little serious vulnerability. His clinch grapple defense is only average, which gives opponents a way to bring him down to the ground, and his ground grapple defense isn't any better. In standing situations, Koscheck's solid defensive skills and great speed make it difficult to put him in a compromising situation.

ON YOUR FEET

When fighting as Koscheck, keep the fight standing as much as possible. He's a strong, skilled striker with outstanding speed, and he's capable of eating a few strikes for the sake of launching one of his own. He is slightly less impressive in the clinch, so avoid that unless it's a position where your opponent has universally below-average skills.



Use the clinch against superior strikers who have weak clinch games.

TO THE MAT

If Koscheck manages to achieve a dominant position on the ground, his ground and pound offense can turn out an opponent's lights in a hurry. However, getting to that point is the tricky part. While he has good takedown skills, he doesn't have much in the way of ground grappling ability and must rely on his speed and cardio to take advantage of a tiring opponent to transition effectively.

Whenever possible, posture up to deliver big strikes. Force opponents to try to escape, then reverse their transition to improve your position.

TAKING THE FIGHT TO KOSCHECK

Koscheck is a strong, fast fighter, and you can't count on him to tire, so you need to bring a solid offense and finish him as efficiently as possible. Standing and trading blows with Koscheck is not the best idea. He's strong and skilled enough to rock you with a carefully timed shot, and he's fast enough to let them fly more quickly than you can defend against them.

He's defensively strong on the ground, but he lacks solid ground grapple offense. Take him down with a clinch grapple, transition effectively to get the upper hand on him, and go after him with submissions and strikes. Koscheck will have a tough time escaping if you get into a dominant position. Deliver ground and pound while looking to reverse his escapes.

CHRIS LYTLE

"LIGHTS OUT"

In addition to sporadic appearances in UFC starting in 2000, Chris Lytle was a contestant on the fourth season of The Ultimate Fighter and faced Matt Serra at The Ultimate Fighter Finale. Although Lytle lost via split decision, his performance was impressive enough to secure him a future with the UFC.

Lytle's win-loss record may seem unremarkable on paper, but his defeats have come at the hands of some of the best fighters in the world, among them Karo Parisyan, Matt Hughes, Thiago Alves, and Josh Koscheck. Following his split-decision loss to Marcus Davis at UFC 93, Lytle has put together a pair of wins as he claws his way up the ladder of the UFC Welterweight Division.

STATISTICS

AGE>	35
BIRTHDATE>	8/18/74
WEIGHT>	170 lbs.
HEIGHT>	5'11"
REACH>	68"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Indianapolis, IN

FIGHTING OUT OF
Indianapolis, IN

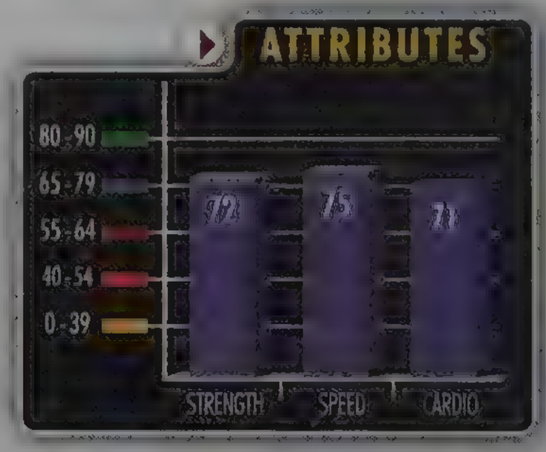
FIGHT CAMP
Integrated Fighting Academy

TRAINER
Pat McPherson

RECORD

OVERALL>	28-17-5-0
UFC>	10-9-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Lytle must pursue opponents' weaknesses as he has no dominating offense of his own.

Chris Lytle has some speed to back up a well-rounded but average set of offensive skills. A striker by nature, he's equally capable of doing damage in standing, clinching and ground positions, although he lacks the skill and strength to be a true knockout threat.

Defensively, Lytle is able to resist ground strikes and submissions with some skill, but he's extremely average (or worse) in all other categories. His speed is his best defense, making it possible for him to counter and reverse attacks that could otherwise put him in serious danger.

ON YOUR FEET

Lytle's standing skills are pretty average, so if you're facing a legitimate striker, don't go toe-to-toe with him for long. Focus on staying out of trouble, fight defensively and use Lytle's speed to literally beat your opponent to the punch.

Fight standing against ground experts who lack a serious standing game. Work on counter-striking while continually moving. Work the legs of your opponent to increase the advantage of Lytle's speed.

TO THE MAT

Lytle has little ability to prevent a takedown or throw, and his ground grapple skills are merely average. Fortunately, he can resist submissions and absorb some ground striking damage before he winds up in serious trouble. If you're able to take a dominant position, Lytle has equal skill with submissions and ground strikes, so use the technique against which your opponent has lower defense.

Take the fight to the ground with a quick takedown against elite strikers. Keep a dominant position with an eye towards reversing escape attempts.

TAKING THE FIGHT TO LYTLE

Lytle has no dominating aspect to his game, so simply push the game to where you fighter is strongest.

There's nothing particularly threatening about Chris Lytle to a fighter who knows what he's doing and has at least one significantly above-average offensive technique. Lytle has a hard time dealing with takedowns and throws, and his ground game isn't nearly good enough to frustrate a legitimate grappler's transitions. Defeating him by submission can be tricky, but that leaves a number of other ways to stop the fight and get the win.

KARO PARISYAN

"THE HEAT"

Karo Parisyan made his UFC debut in September of 2003 with an impressive first-round submission victory at UFC 44. After a decision loss to Georges St-Pierre in 2004, Parisyan went on a five-fight winning streak in the UFC and the WEC, winning decisions over Chris Lytle and Matt Serra, among others.

Diego Sanchez brought Parisyan's streak to an end in August of 2006, but Parisyan rallied, winning three of his next five fights.

STATISTICS

AGE>	27
BIRTHDATE>	8/28/82
WEIGHT>	170 lbs.
HEIGHT>	5'10"
REACH>	75.5"
STANCE>	Orthodox and Switch

NATIONALITY

HOMETOWN
Yerevan, Armenia

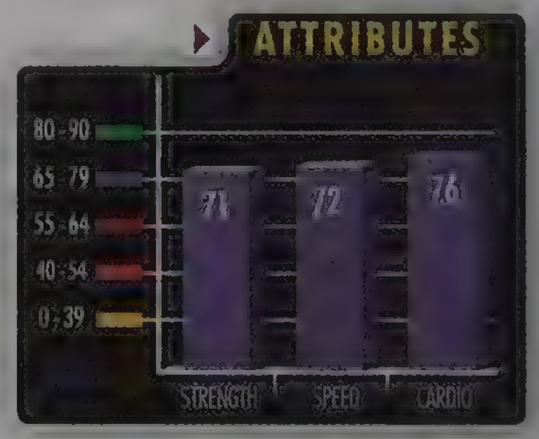
FIGHTING OUT OF
North Hollywood, CA

FIGHT CAMP
Greg Jackson's Gym

TRAINER
Greg Jackson

OVERALL>	18-5-0-1
UFC>	9-3-0-1

ATTRIBUTES



SKILLS

IN THE OCTAGON

Look to take the fight to the ground throughout the fight.

Karo Parisyan has strong cardio, excellent clinch grapple and takedown offense, and solid ground grapple skills, but he lacks finishing technique. That means that outlasting opponents is a big part of his strategy, and many of his fights end in a decision.

Defensively, Parisyan is universally solid, except when it comes to strikes. He's not helpless against them, but his standing and clinch striking defense are only average. He has excellent standing kicks defense, which preserves his takedown ability over the duration of the fight.

ON YOUR FEET

Parisyan is generally fine on defense in standing and clinch positions, although he isn't particularly skilled at defending against striking attacks. His standing kicks defense is excellent, and his clinch grapple skills help him to bring the fight to the ground, where he's more comfortable.

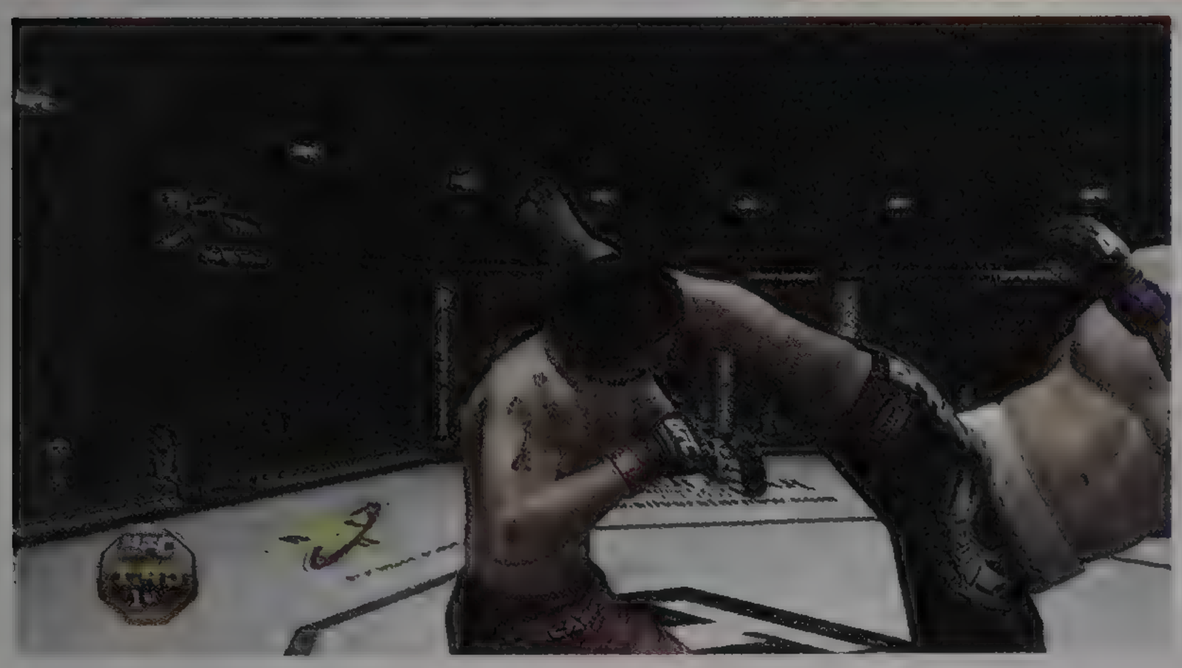
Parisyan has both good takedown and clinch throws. Use whichever your opponent has the least defense against.

TO THE MAT

In addition to his clinch grapple skills, Parisyan has extremely effective takedown offense, and his ground grapple skills are formidable. However, he doesn't have a tremendous amount of submission or ground striking skill, which makes it difficult for him to finish off opponents.

Ground and pound is your best bet fighting as Parisyan. Keep opponents contained on the ground and look to reverse escape attempts to improve your position.

TAKING THE FIGHT TO PARISYAN



Most of Parisyan's UFC fights have ended in decision, and he's won virtually every one. Let that guide your strategy when fighting Parisyan. His cardio may be strong, but he's not impossible to tire out, and if you have sharp ground grappling skills, you can neutralize his ability to score points on the ground after a takedown or throw.

Parisyan is also vulnerable to a striking offense (although his defense against kicks is one of the best in the UFC). His speed and strength are only average, so push the pace of the fight and fight to finish him, without giving him the opportunity to take you down and tire you out. Strikers will have the easiest time against Parisyan. Even with his high kick defense, he's not immune to good leg kicks. Weaken his takedown and keep him away with your strikes.

AMIR SADOLLAH

As a contestant on the seventh season of The Ultimate Fighter, Amir Sadollah trained under Forrest Griffin and managed to earn the title of Ultimate Fighter by defeating CB Dollaway via armbar submission—twice!

Since then Sadollah has gone 2-1 in the UFC, losing by TKO at UFC 101 but following it up with a pair of unanimous decision victories. He is currently scheduled to take on the undefeated Dong Hyun Kim at UFC 114.

STATISTICS

AGE>	29
BIRTHDATE>	8/27/80
WEIGHT>	170 lbs.
HEIGHT>	5'11"
REACH>	74.5"
STANCE>	Orthodox

NATIONALITY

HOMETOWN

FIGHTING OUT OF

FIGHT CAMP

TRAINER

RECORD

OVERALL>	3-1-0-0
UFC>	3-1-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

Amir's best defense is his offense.

Amir Sadollah isn't the strongest fighter on the welterweight roster, but his speed and cardio make up for that. He has excellent standing kicks and clinch strikes, and his ground skills are all above average, particularly his submission offense.

Defensively, Amir has some vulnerabilities. He can be taken down with relative ease via takedown or clinch grapple, and his standing defense isn't the best. However, he has solid ground defense, and his speed and cardio help him escape and endure tough situations. His offensive skills far outshine his defensive skills, so stay on your opponents and don't give them a chance to rest.

ON YOUR FEET

If Amir gets his standing kicks to land, he can really do some damage to opponents. This is also an excellent way to whittle down an opponent's ability to take Amir to the ground. If you wind up taking a pounding, grapple into a clinch, where Amir's striking power is multiplied and his defense is better.

Use kicks to weaken ground fighter's legs and stuff their takedowns. Push into the clinch against elite strikers who lack a strong ground game.

TO THE MAT

Amir's best technique for bringing the fight to the ground is a throw from the clinch. Once the fight goes to the mat, use Amir's speed and decent ground grapple skills to force opponents to work—Amir has impressive cardio and should be able to outlast most opponents. His ground and pound lacks power, but his submissions are quite dangerous.

Apply ground and pound pressure to force opponents to expend energy trying to escape while you take advantage to reverse those escapes. When their energy is low, you may be able to lock in a submission.

TAKING THE FIGHT TO SADOLLAH

Taking the fight to Amir and not letting him unleash his powerful kicks is the key to beating him.

Amir's biggest defensive vulnerability is his ineffectiveness against takedowns and clinch grapples, but his ground offense and defense is generally sound. He's less defensively capable in a standing position, but his kicks are fast and powerful.

The key to beating Amir is to avoid leaving yourself open by making a mistake, because he will seize the opportunity. Build your offense around your fighter's strengths, fight a disciplined fight, and you should have your arm raised in victory at the end of it.

DIEGO SANCHEZ
"NIGHTMARE"

Diego Sanchez is one of the most focused fighters in all of the UFC. He set his sights on winning the first season of The Ultimate Fighter as a middleweight, and he accomplished his goal, defeating Kenny Florian by first-round TKO at The Ultimate Fighter Finale. He entered the UFC as a welterweight and assembled a six-fight winning streak before losing a pair of decisions to Josh Koscheck and Jon Fitch at UFC 69 and UFC 76, respectively.

Diego refocused his efforts on regaining momentum, and it paid off with four consecutive victories. At UFC 95, Sanchez made his Lightweight Division debut and defeated Joe Stevenson by unanimous decision, winning Fight of the Night honors in the process. He also defeated Clay Guida by split decision, but he lost a UFC Lightweight Title fight against BJ Penn at UFC 107 by TKO.

STATISTICS

AGE> 28

BIRTHDATE> 12/31/81

WEIGHT> 170/155 lbs.

HEIGHT> 5'10"

REACH> 75"

STANCE> Southpaw and Switch

NATIONALITY

HOMETOWN
Albuquerque, NM

FIGHTING OUT OF
San Diego, CA

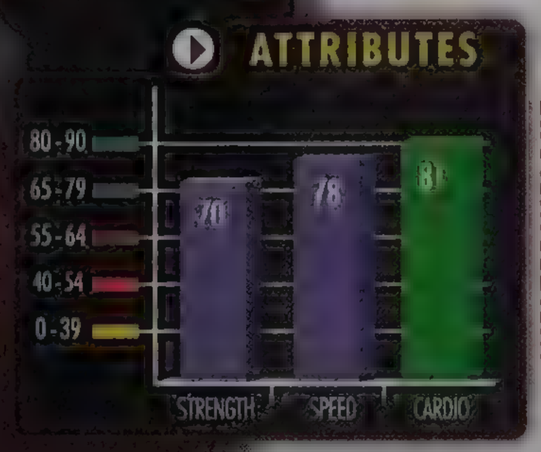
FIGHT CAMP
Ribeiro Jiu-Jitsu

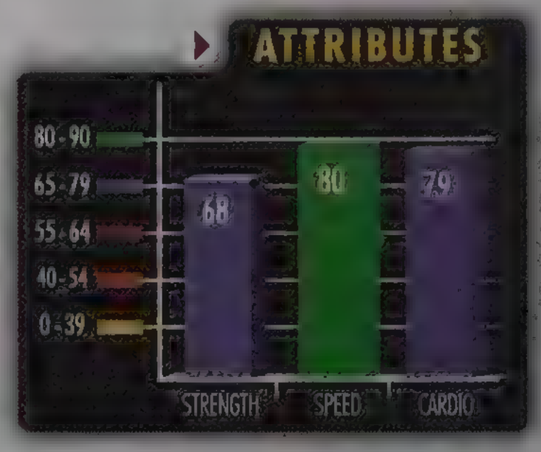
TRAINER
Shado Ribeiro

RECORD

OVERALL> 21-3-0-0

UFC> 10-3-0-0





IN THE OCTAGON

Diego does well anywhere except in the clinch.

Diego has tremendous speed and cardio, and his offensive game plan revolves around taking opponents to the mat by shooting for a takedown. On the ground, use his strong ground grapple skills to pass the opponent's guard and enter a dominant position, then finishing him off with a submission (or working hard enough to earn the judge's decision).

Defensively, Diego is average in the clinch and has trouble fending off takedown attempts, but in every other category, he's solid. He can take more striking punishment than he's capable of giving out, and he's almost impossible to tap out. Plus, with his terrific speed and cardio, he can outmaneuver and outlast most opponents.

ON YOUR FEET

Diego isn't helpless in a standing position, but it's not his ideal situation. You should always look to take the fight to the ground, whether by using Diego's speed to counter a kick, or using his excellent takedown offense to bring opponents to the mat.

The clinch is not much kinder to Diego than the standing position is, especially when it comes to clinch strikes, so avoid it as much as you can. Against ground fighters with poor standing games, fight as an effective counter-striker and work the opponent's legs.

TO THE MAT

On the ground, everything that you do should be geared toward earning points from the judges, exhausting your opponent and getting into position for a solid submission attempt. If you wind up being taken down by your opponent, don't panic—Diego's ground defense is excellent, and with his speed and cardio, you should see numerous opportunities to turn the tables.

Diego has fairly good submission skills; if an opponent ever gets gassed while on the ground, lock in a submission.

TAKING THE FIGHT TO SANCHEZ

If your fighter has any decent clinch ability, take the fight there.

If your fighter has dominant standing or clinch striking skills, you're in luck. Diego has trouble with strong strikers, although his high speed helps him to block and counter strikes. He is most vulnerable to clinch strikes, so if your fighter has a Muay Thai skill set, you can do serious damage to him with Muay Thai whips. Remember that Diego's outstanding stamina means that he will probably outlast you, so don't wait until the later rounds to mount your offense.

MATT SERRA

"THE TERROR"

Matt Serra had mixed success in the UFC prior to taking part in the fourth season of The Ultimate Fighter. Entering with a 4-4 UFC record, Serra picked up his fifth UFC win and the title of the Ultimate Fighter with a split decision victory over Chris Lytle. He then added an even more impressive title to his record, when he defeated Georges St-Pierre at UFC 69 with a first-round TKO for the UFC Welterweight Championship.

After returning to The Ultimate Fighter, this time as a coach, Serra faced UFC Interim Welterweight Champion Georges St-Pierre at UFC 83 to unify the two welterweight titles. St-Pierre emerged victorious with a second-round TKO and was crowned the undisputed UFC Welterweight Champion. Serra suffered a second loss, this one by unanimous decision, to Matt Hughes at UFC 98. A first-round knockout of Frank Trigg at UFC 109 showed that there's still plenty of fight left in Matt Serra.

STATISTICS

AGE>	35
BIRTHDATE>	6/2/74
WEIGHT>	170/155 lbs.
HEIGHT>	5'6"
REACH>	69"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
East Meadow, NY

FIGHTING OUT OF
East Meadow, NY

FIGHT CAMP
Serra-Jiu Jitsu

TRAINER
Renzo Gracie & Ray Longo

RECORD

OVERALL>	10-6-0-0
UFC>	7-6-0-0

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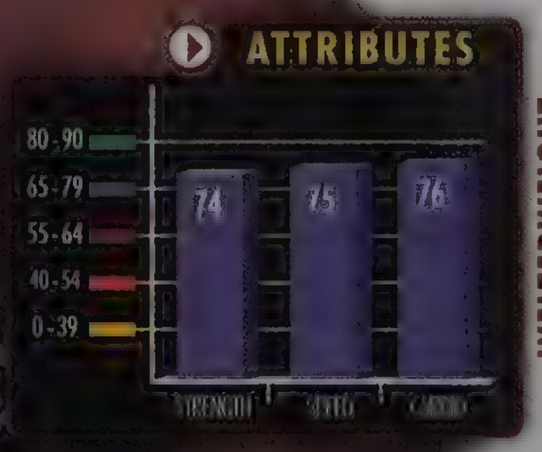


WELTERWEIGHT

ATTRIBUTES

LIGHTWEIGHT

SKILLS

IN THE OCTAGON

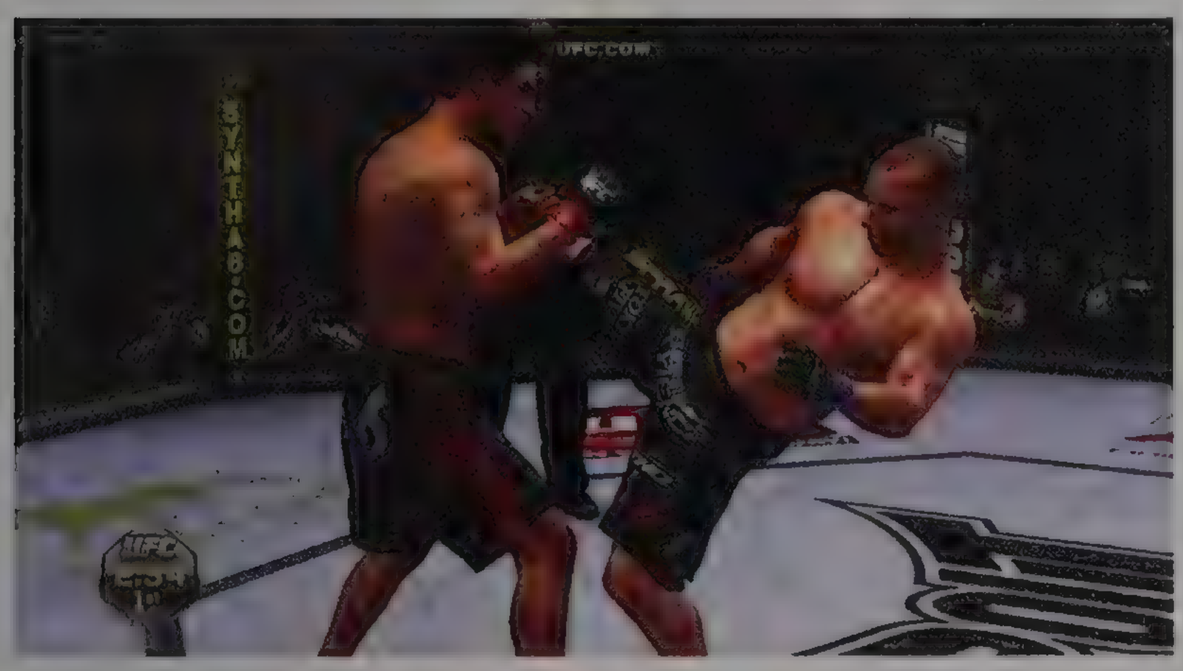
Serra is good enough on the ground and standing to attack the weaknesses of opponents.

Serra is a ground fighter who has outstanding submission offense and is capable of finishing off opponents with his ground and pound as well. His ground grapple skills are excellent, and he's capable of bringing opponents to the ground by clinch grapple or takedown. His standing strikes aren't too shabby either.

As well-rounded as Serra is offensively, he's even stronger on defense. He's almost impossible to grapple successfully with or finish on the ground, and he's no slouch in standing or clinch positions as well.

ON YOUR FEET

If you're facing an opponent who lacks striking ability, go toe-to-toe with him for a while at the start of the match. Serra's standing strikes are stiff enough to cause some damage, and he's defensively solid. He's almost as skilled in the clinch, although neither of these positions is his strongest suit.

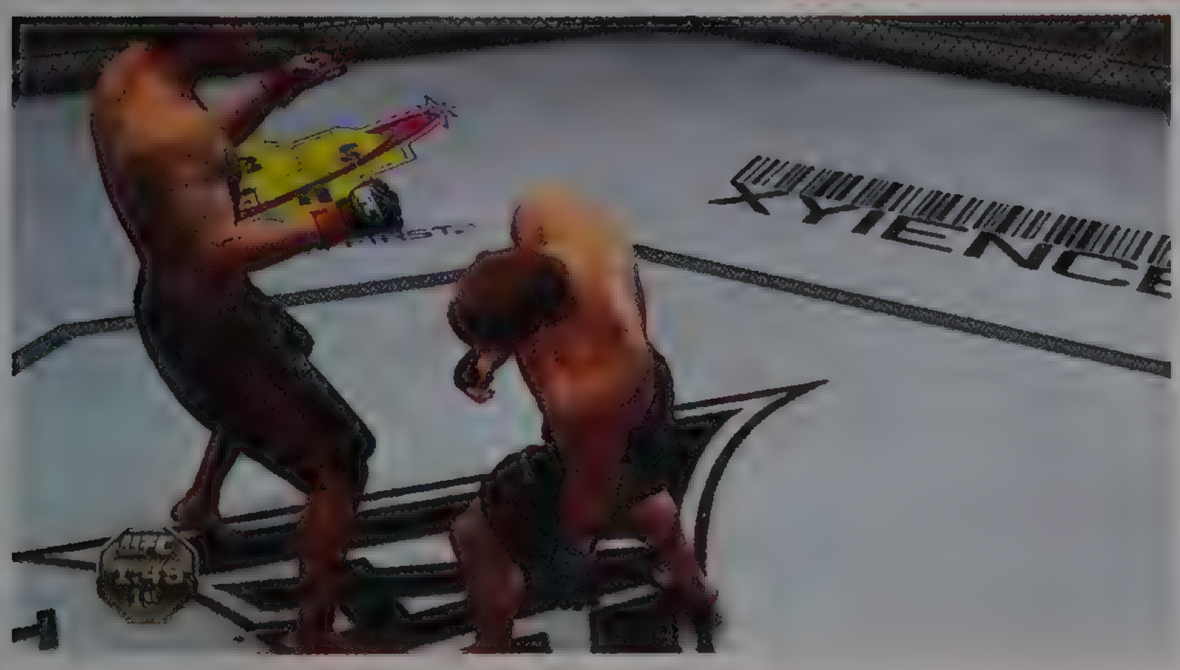


TO THE MAT

Matt Serra is one of the most dangerous welterweights in the UFC once the fight goes to the ground. His defense is truly elite across the board, and his offense is nearly as good. His preferred method of finishing a fight is by submission, but he's capable of getting the TKO if he can throw strikes from a mount position.

Serra can put the hurt on opponents with a submission regardless of where he is on the ground. Any time an opponent is weakened or fatigued, look for a submission.

TAKING THE FIGHT TO SERRA



No matter what strategy you take, you have your work cut out for you when fighting Serra. Keeping the fight standing is ideal, if your fighter has striking skill. Serra's standing and clinch defense is solid but not invincible, and he's not as offensively gifted in those situations as he is on the ground. Serra could picked apart by a fighter with elite kicks. Keep him at kick range and slow him down with leg kicks, reducing his chances of taking the fight to the ground.

Serra is almost impossible to finish on the ground. If that's your preferred method of victory, expect a long fight and try to outlast him. Be prepared for the fight to go to decision.

GEORGES ST-PIERRE

"RUSH"

Georges St-Pierre is on his way to becoming the most dominant welterweight in UFC history. He has only two losses on his professional record (both of them avenged), and he is a two-time—and the current—UFC Welterweight Champion. He made a successful debut at UFC 46 and won his first two fights before losing to Matt Hughes at UFC 50 in a fight for the vacant UFC Welterweight Championship.

St-Pierre returned to the UFC at UFC 52 and started a five-fight winning streak, defeating elite fighters like Sean Sherk and BJ Penn before avenging his loss to Matt Hughes at UFC 65, where he became the UFC Welterweight Champion for the first time. He lost the title in his first defense to Matt Serra at UFC 69 but quickly regained it and avenged his loss by defeating Matt Hughes at UFC 79 for the interim title and Serra at UFC 83 for the undisputed title. Since then, he has defended the championship against Jon Fitch, BJ Penn, Thiago Alves, and Dan Hardy.

STATISTICS

AGE> 29

BIRTHDATE> 5/19/81

WEIGHT> 170 lbs.

HEIGHT> 5'11"

REACH> 75"

STANCE> Orthodox and Switch

NATIONALITY

HOMETOWN
Montreal, Quebec, Canada

FIGHTING OUT OF
Montreal, Quebec, Canada

FIGHT CAMP
Greg Jackson's Gym

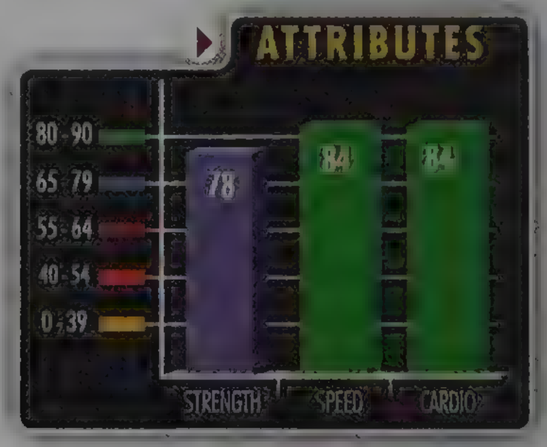
TRAINER
Greg Jackson

RECORD

OVERALL> 19-2-0-0

UFC> 13-2-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

St-Pierre is in his element on the ground. His takedowns are nearly impossible to stop.

Georges St-Pierre is the prototype fighter. His strength gives him legitimate knockout power, and his speed and cardio are off the charts. The only situation where he is not offensively dominant is clinch striking. He can take down opponents at will and his ground grappling skill is elite. Few fighters can resist his submissions, and fewer still can withstand his punishing ground and pound.

St-Pierre has virtually no weaknesses. His worst defensive characteristics are his submission and clinch striking defense, and he's well above average in each category. He is almost impossible to take down or out-grapple on the ground, and he can absorb punishment from strikes and kicks in any situation. With his high cardio, he can outlast and out-wrestle virtually any opponent.

ON YOUR FEET

St-Pierre's best skills are ground-based, but that doesn't mean that he can't do some serious damage on his feet. His standing kicks can chop down opponents in no time, and his strikes aren't too shabby either. He's less skilled in the clinch, but he's still a better clinch fighter than half of the welterweight roster.

Use St-Pierre's amazing kicks against one-dimensional ground fighters to weaken them and slow them down. This makes the fight even more one-sided if and when St-Pierre decides to take it to the mat.

TO THE MAT

If St-Pierre wants to take an opponent to the mat, it's literally just one takedown attempt away. No fighter can consistently resist his takedowns, and few can put St-Pierre on the defensive on the ground. He's an extraordinarily skilled ground grappler, capable of transitioning into dominant positions and putting away opponents in a hurry. His ground striking is a greater threat than his submission skills, but he's capable of finishing an opponent with either.

Once on the ground, St-Pierre can dominate nearly any fighter. Work ground and pound and look for the opponent to tire to transition or lock in a submission.

TAKING THE FIGHT TO ST-PIERRE

Keep your distance and try to stop his takedowns with quick counter-attacks, or move into the clinch and look to reverse any throws.

There is no reliable game plan for defeating Georges St-Pierre. No opponent has managed to do it twice. Staying in the clinch with him is the best strategy that you're likely to find. If you have dominating clinch striking skills and can unload on St-Pierre quickly, you might do enough damage to turn the fight in your favor.

Failing that, a truly outstanding ground grappler might be able to hurt St-Pierre with a submission. St-Pierre's cardio is at such a high level that he's almost guaranteed to be able to outlast any opponent on the ground and take control. The two men who have defeated St-Pierre did it in the first round of their fights. If your fight with him goes into the second round, history suggests that you're in trouble.

MIKE SWICK
"QUICK"

Mike "Quick" Swick earned his nickname by knocking out his opponent 20 seconds into his UFC debut. That was the first of four first-round wins for Swick, whose first UFC loss came at the hands of Yushin Okami at UFC 69.

Since then, Swick has gone on to rack up four more victories, including a 33-second KO at UFC: Fight For the Troops, just to remind the UFC fans that he's still "Quick." Although Swick was on the wrong end of a decision against Dan Hardy at UFC 105 and was choked out by Paulo Thiago at UFC 109, he's more determined than ever to prove that he belongs at the highest levels of the UFC Welterweight Division.

STATISTICS

AGE> 30

BIRTHDATE> 6/19/79

WEIGHT> 170/155 lbs.

HEIGHT> 6'1"

REACH> 76.5"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Houston, TX

FIGHTING OUT OF
San Jose, CA

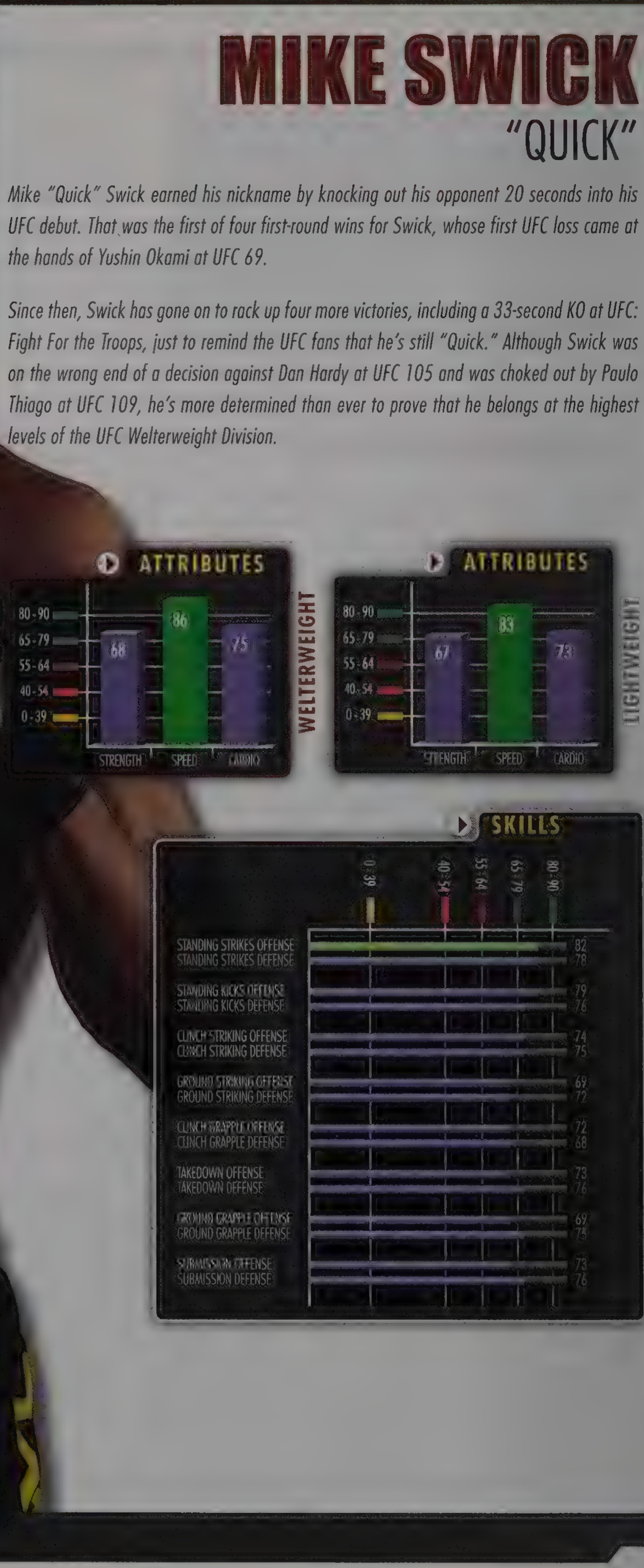
FIGHT CAMP
American Kickboxing Academy

TRAINER
—

RECORD

OVERALL> 14-4-0-0

UFC> 11-4-0-0



IN THE OCTAGON

Pick apart opponents from the outside and keep moving.

Unsurprisingly, "Quick" Swick has extremely impressive natural speed, which helps him to beat opponents to the punch in practically any situation. He's slightly faster as a welterweight than he is as a middleweight (and his cardio and strength are a bit better, too), but it's a minor difference.

Swick's primary offensive weapons are his standing strikes and kicks. Backed by his natural speed, he's able to punch and counter-punch with tremendous success, although he lacks the strength to make him a true knockout threat (as opposed to a TKO threat). Defensively, Swick is best when he's on his feet, but other than some lackluster clinch grapple defense and a common vulnerability to ground strikes, he's very solid defensively.

ON YOUR FEET

As long as the fight is standing and Swick is not limited by being caught in a clinch, the fight is going his way. His tremendous speed and standing offense skill means that his opponent is always a split-second away from being rocked by a stiff shot to the head.

Use Swick's speed to counter just about anything on the ground, from strikes to takedowns.

TO THE MAT

Swick lacks great offensive skill on the ground, but his defensive ratings are all good. His high cardio also helps him survive on the ground without depleting his stamina reserves. If the fight goes to the ground, don't panic, but make every effort to bring it back to a standing position as quickly as possible. Look for a chance to escape if the opponent's stamina drops, or reverse any transitions.

TAKING THE FIGHT TO SWICK

Putting Swick in the clinch or on the mat will neutralize his ability to avoid your strikes.

Swick is so fast and such a skilled striker that it's extremely dangerous to remain standing with him. He's defensively strong but offensively weak on the ground, so do what it takes to get him down there. Try a throw from the clinch, since his takedown defense is quite good. Swick resists submissions better than ground strikes, but if you're an elite submission artist, you can make him tap out.

PAULO THIAGO

Paulo Thiago came to the UFC with a perfect 10-0 record on the Brazilian MMA circuit. In his first UFC fight at UFC 95, he knocked out Josh Koscheck in the first round, winning Knockout of the Night honors.

Thiago's next fight at UFC 100 against Jon Fitch ended in a decision that did not go his way, but Thiago redeemed himself with a pair of victories, including a submission win over Mike Swick at UFC 109. Thiago is currently slated to face Martin Kampmann at UFC 115.

STATISTICS

AGE>	29
BIRTHDATE>	1/25/81
WEIGHT>	170 lbs.
HEIGHT>	5'11"
REACH>	74.5"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Brasilia, Brazil

FIGHTING OUT OF
Brasilia, Brazil

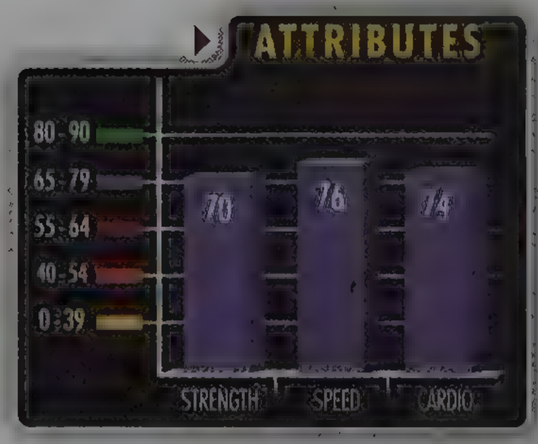
FIGHT CAMP
—

TRAINER
—

RECORD

OVERALL>	13-1-0-0
UFC>	3-1-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Thiago is good enough to stand with most strikers, though ultimately you want the fight to go to the ground.

In addition to his natural speed and cardio, Paulo Thiago has an enviable pair of powerful offensive weapons capable of finishing an opponent quickly. The first is his excellent standing striking, and the second is his brutal submission power.

Defensively, Thiago has a tough time fending off takedown attempts and throws from the clinch, but considering that he also has significant ground grapple skill, he goes from defense to offense on the ground in a hurry. He is almost impossible to tap out, and he's capable of taking a few stiff strikes in any situation before he winds up in serious trouble.

ON YOUR FEET

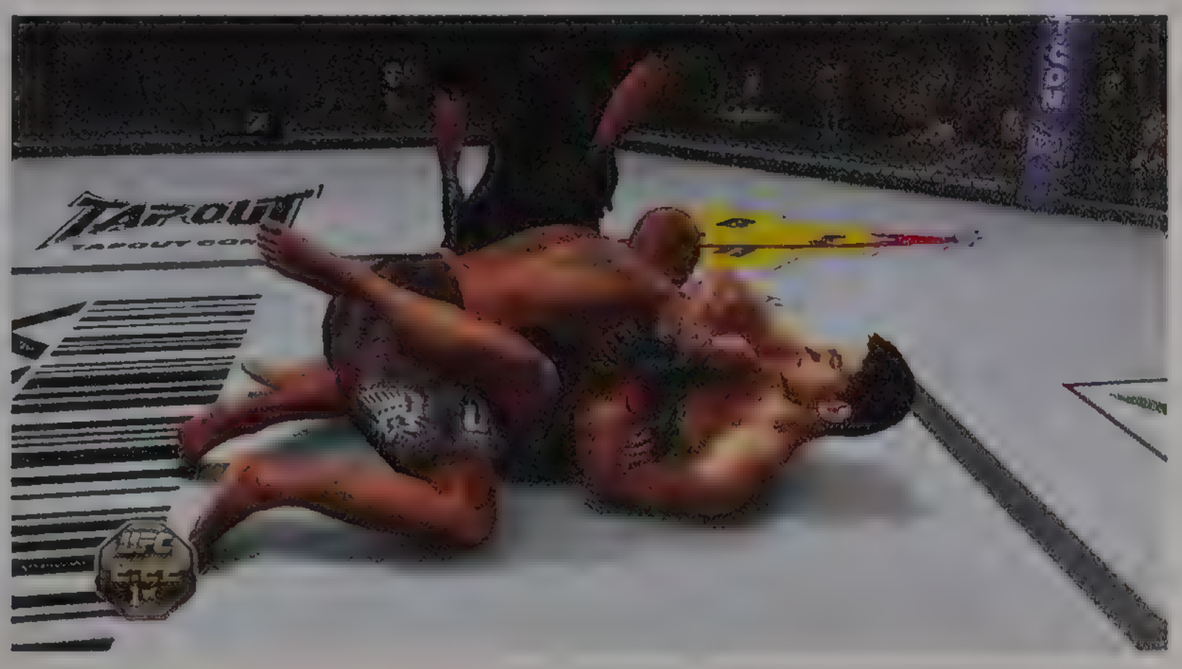
If an opponent is stronger on the ground than on his feet, use a standing striking game plan. Strike quickly and chain together combos, relying on Thiago's speed to penetrate your opponent's defenses. Thiago is less effective in the clinch, but he's not helpless there either.

Fight from the outside against ground fighters and counter any takedown attempts. Weaken their legs so you can take the fight to the ground on your terms.

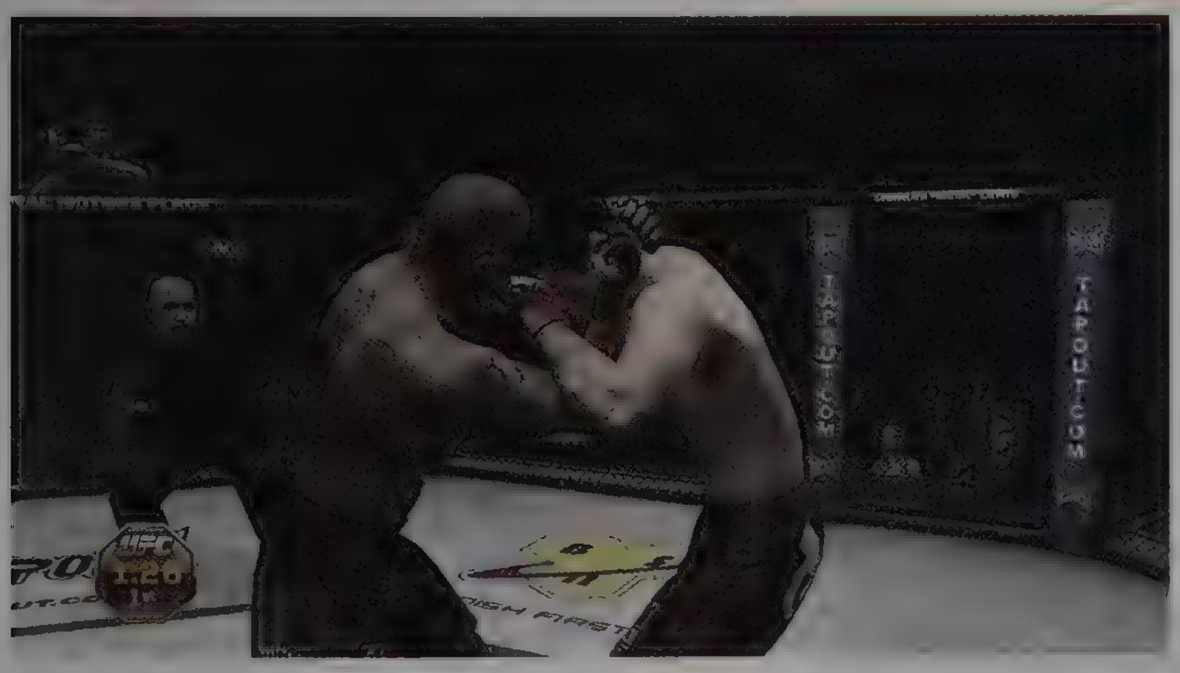
TO THE MAT

Thiago lacks dominant takedown techniques, but once the fight goes to the ground, he should be able to take control. His ground grapple skills give him the ability to transition effectively and advance his position. His submission skills have the potential to make any fighter tap.

Watch for two things when you are on the ground: a chance to reverse any transitions and for the opponent's stamina to drop for a submission.



TAKING THE FIGHT TO THIAGO



Unless you're an elite ground fighter, stay standing against Thiago.

Thiago is strongest on the ground, so try to avoid that situation as much as possible. Ignore his weakness at preventing takedowns and throws from the clinch—even if you take the advantaged position from the takedown, Thiago is more than capable of taking it back.

If you have formidable clinch offense, you can deal considerable damage to Thiago in the clinch. Be careful of his speed when you're facing off toe-to-toe, however, or you'll quickly wind up rocked.

FRANK TRIGG

"TWINKLE TOES"

After a six-year career in the independent MMA circuit, Frank Trigg came to the UFC at UFC 45 with a 10-1 record and suffered a first-round submission defeat at the hands of Matt Hughes. The two would meet again at UFC 52, with the exact same outcome.

Another loss to George St-Pierre at UFC 54 led to Trigg taking time away from the UFC. After seven straight wins, he returned at UFC 103, only to have Josh Koscheck beat him with a first-round TKO. In his next fight at UFC 109, Matt Serra knocked him in the first round of their fight.

STATISTICS

AGE> 38

BIRTHDATE> 5/7/72

WEIGHT> 170 lbs.

HEIGHT> 5'10"

REACH> 71"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Rochester, NY

FIGHTING OUT OF
Las Vegas, NV

FIGHT CAMP
Xtreme Couture

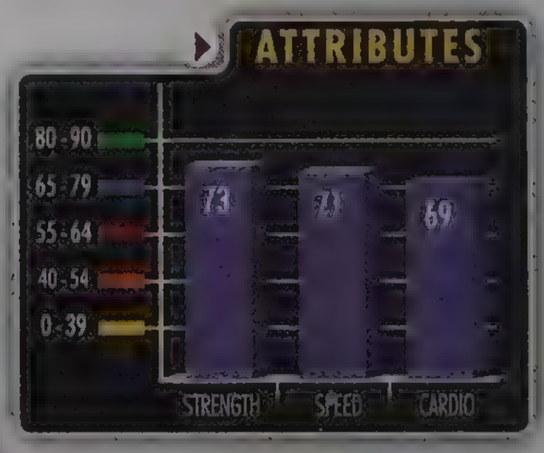
TRAINER

RECORD

OVERALL> 19-8-0-0

UFC> 2-4-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Trigg is purely a ground and pound fighter who needs to finish opponents quickly once the fight goes to the ground.

Frank Trigg is a ground and pound fighter with average physical attributes. His entire offense is geared toward taking down opponents (by shooting for the takedown or throwing them from the clinch), getting into a dominant position and raining down vicious strikes.

Defensively, Trigg has a few bright spots: better than average standing kicks, along with clinch grapple and takedown defense. In all other categories, he's either average or worse. His ground grapple defense in particular leaves much to be desired, and he's vulnerable to submissions.

ON YOUR FEET

Frank Trigg should not stand and trade punches with any other fighter. His standing offense is average at best, and he lacks the strength to be much of a threat. Defensively, he runs the risk of being rocked or even knocked out by a striker who knows what he's doing.

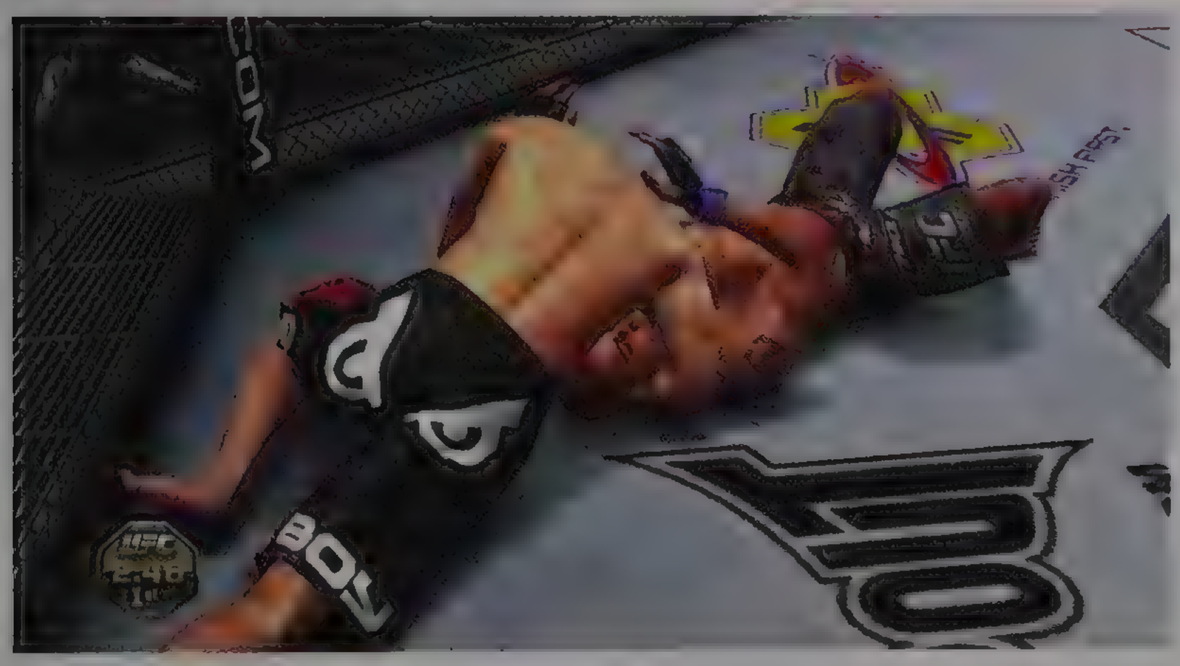
Look for good takedown opportunities or to move into the clinch where you can throw into side control.

TO THE MAT

There are three vital components to maximizing Trigg's ground and pound offense: you must take down opponents, advance your position, and lay in the strikes. Trigg is solid with the first and third parts of the game plan, but his below average ground grapple skills make it hard for him to execute his game plan. Nevertheless, this is by far Trigg's best chance at finishing a fight.

Rely on reversing escape transitions to advance your position safely. Use whatever strikes are available while waiting. Keep Trigg's stamina high so he doesn't end up tapping out.

TAKING THE FIGHT TO TRIGG



Trigg lacks the necessary defenses in any situation to truly dominate any situation.

Depending on where your fighter's strengths lie, there are several ways to defeat Frank Trigg. A skilled striker can stand with him and TKO him without much difficulty. A ground expert can take advantage of his poor ground grapple skills and establish dominant positions on him. Most fighters have enough cardio to be able to outlast Trigg and open up on him in the later rounds. Pick the strategy that works best for you and have at it.

JAMES WILKS

"LIGHTNING"

English-born James Wilks competed in the ninth season of The Ultimate Fighter, mentored by Team UK coach Michael Bisping. With a first-round submission victory in the finale, Wilks was crowned The Ultimate Fighter.

Wilks's next fight took place in his home country, where he suffered a third-round TKO loss. He is currently scheduled to fight next at UFC 115 in June 2010.

STATISTICS

AGE>	32
BIRTHDATE>	4/5/78
WEIGHT>	170 lbs.
HEIGHT>	6'1"
REACH>	75"
STANCE>	Orthodox and Switch

NATIONALITY

HOMETOWN
Leicester, England

FIGHTING OUT OF
Laguna Hills, CA

FIGHT CAMP
Lightning MMA

TRAINER
Erik Paulson

RECORD

OVERALL>	6-3-0-0
UFC>	1-1-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

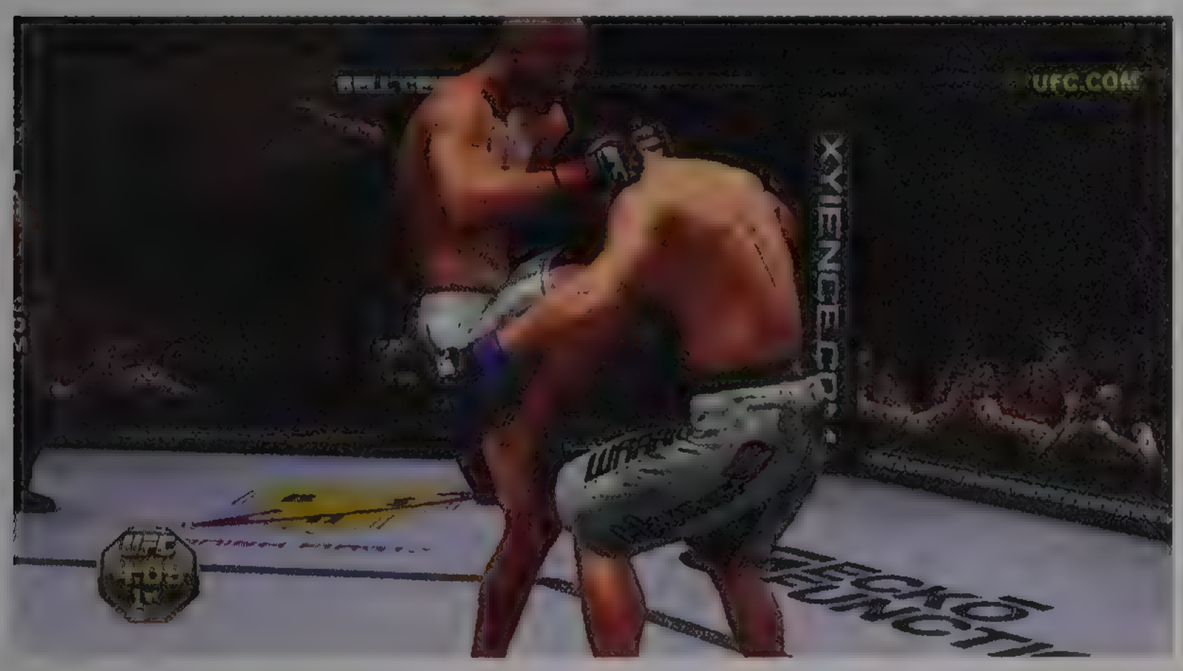
Wilks has good offense in any situation, which is good because he lacks the ability to dictate where the fight will go.

James Wilks has impressive speed, but he lacks strength and cardio, which robs him of knockout power and increasingly limits his ability to compete the longer a fight lasts. However, he's a threat in practically any situation. His standing kicks can cut down opponents quickly, and his clinch striking skill is even more formidable. He also has tremendous submission ability and the ground grapple skill to use it effectively.

Wilks is less solid defensively, preferring to let his offense protect him from an opponent's attacks. He's vulnerable to standing and ground strikes, and his takedown defense is practically non-existence. However, he does have excellent ground grapple defense, which helps him dominate opponents on the mat.

ON YOUR FEET

When both fighters are standing, use Wilks' standing kicks to good effect, weakening the opponent's vertical base and reducing his takedown power. As soon as you can, get into the clinch and stay on offense. Use Wilks' clinch strikes to do a great deal of damage in a hurry, but keep an eye on Wilks' limited cardio and don't let him get gassed.



In the clinch, stay in an advantaged position to inflict damage while minimizing your opponent's ability to return the favor.

TO THE MAT

Wilks is a dangerous fighter on the ground, and his preferred method for putting an opponent there is a throw from the clinch. His takedown offense leaves something to be desired. Wilks's ground grapple offense is solid, and his submission offense is incredible—much better than his ineffectual ground striking. Again, be careful not to exhaust Wilks by trying to do too much too quickly.

Look to submit fighters that gas themselves by trying to transition too much.

TAKING THE FIGHT TO WILKS

Wilks will break down under strong offensive pressure due to his poor defenses and low cardio.

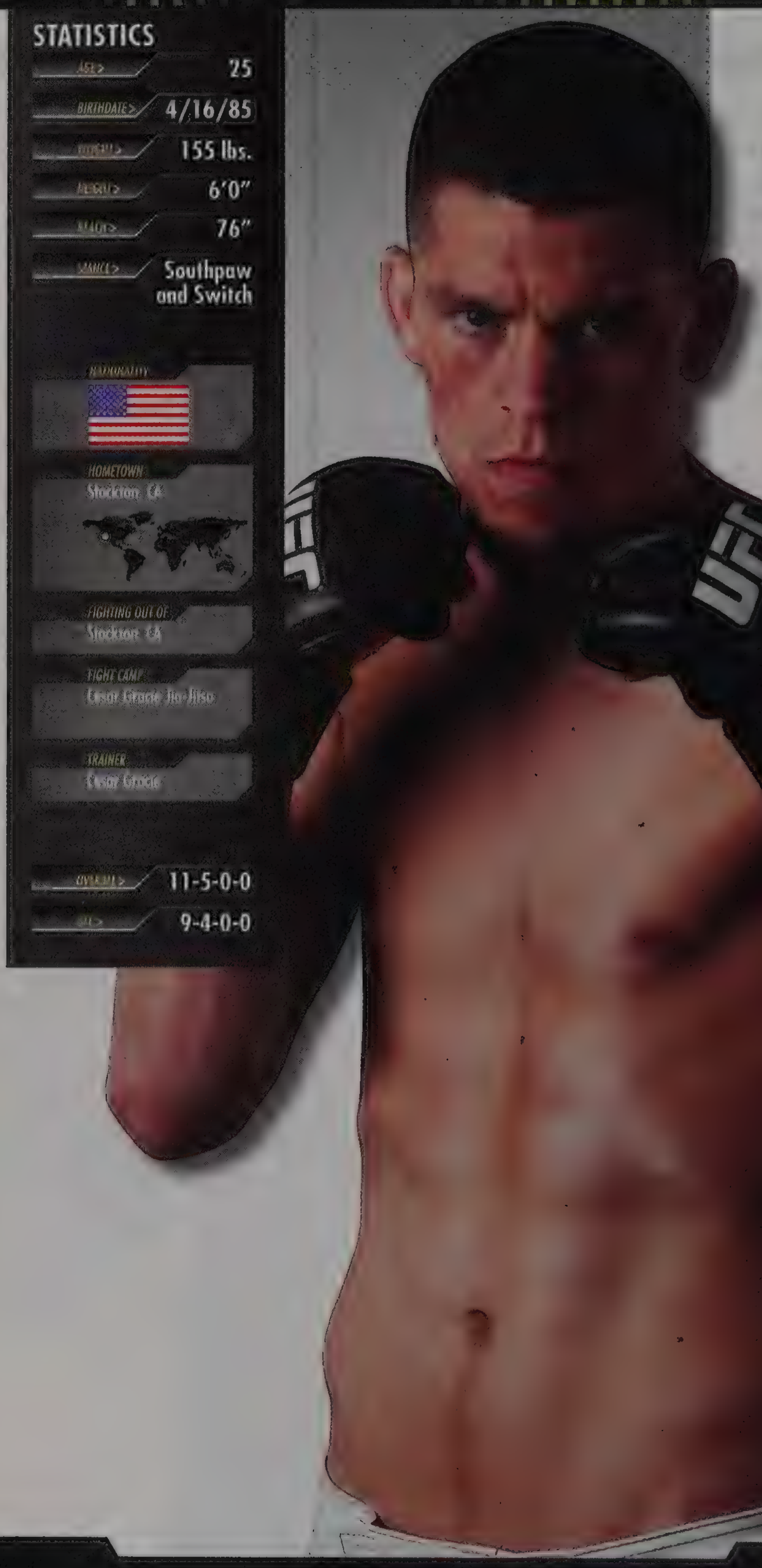
A skilled ground and pound fighter should be able to take down Wilks and—with a bit of effort—transition to a position where he can lay in ground strikes effectively. Waiting until the later rounds when Wilks is exhausted improves the odds of success.

Good standing strikers can also penetrate Wilks' mediocre standing strike defense, although his fast kicks are a threat until he's worn down. It's best not to engage him in the clinch, because even though his defense is only average, his offense is extremely strong.

NATE DIAZ

Nate Diaz claimed the title of the Ultimate Fighter in the series' fifth season, and he's lived up to the name ever since. Starting with his victory at The Ultimate Fighter 5 Finale, he won every one of his five fights in 2007 and 2008. He experienced his first UFC loss at UFC 94, a closely fought split decision against Clay Guida, but the bout still won Fight of the Night honors.

Since then, Diaz has gone 2-2, losing to Joe Stevenson and Gray Maynard by decision. He also has a submission victory and a TKO victory to his credit, the latter coming at UFC 111.



IN THE OCTAGON

Take the fight to the ground.

Nate Diaz has impressive speed, which helps to compensate for his lack of strength and average skill when striking. His greatest offensive ability, however, is his submission offense, which is complemented by his ground grapple skill and takedown ability.

Defensively, Diaz is a solid fighter. He's especially difficult to finish off by submission or strikes on the ground, and his considerable ground grapple defense frustrates opponents who are looking to transition against him. His cardio is only average, though, so a better conditioned fighter can outlast him.

ON YOUR FEET

Although Diaz is defensively capable in standing positions and in the clinch, this is not where he is able to do a great deal of damage. His lack of strength drags down his punching power, and he's not especially skilled in any standing or clinch offense.

Be patient while looking for an opportunity to take the fight to the ground.

TO THE MAT

Diaz is at his best when he's on the ground, where he can use his solid ground grapple, submission and ground striking skills against opponents. While his offense in all of these categories is good, his defense is even better.

Diaz is a submission threat in nearly any situation on the ground. If you manage to get an advantaged position on top, work the ground and pound while waiting for your opponent to tire or weaken.

TAKING THE FIGHT TO DIAZ

As long as you don't wind up on the ground on your back and tired, you have a good chance of defeating Diaz.

Two tactics that work against Diaz are to keep the fight standing, and to wear him out. His lack of strength and mediocre standing and clinching skills ensure that he won't do much damage while he's on his feet, and he can't absorb much either (although his speed is a factor early in fights). With Diaz's average cardio, a fighter who has better conditioning will be able to outlast him and take advantage in the later rounds.

FRANK EDGAR

"THE ANSWER"

Frank Edgar's Fight of the Night UFC debut at UFC 67 is one of the most popular matches in UFC history. Despite being locked into a deep kneebar in the third round, Edgar refused to tap out and wound up winning the fight via decision. He won three of his first four UFC fights, losing only to Gray Maynard at UFC Fight Night 13.

Since that defeat, Edgar has been on a tear, defeating some of the top names in the UFC Lightweight Division, including Sean Sherk. At UFC 112, Edgar had his shot at the title and defeated BJ Penn by unanimous decision to be crowned the new UFC Lightweight Champion.

STATISTICS

AGE	28
BIRTHDATE	10/16/81
WEIGHT	155 lbs.
HEIGHT	5'6"
REACH	68"
STANCE	Orthodox

NATIONALITY

HOMETOWN
Sproutt, NJ

FIGHTING OUT OF
Toms River, NJ

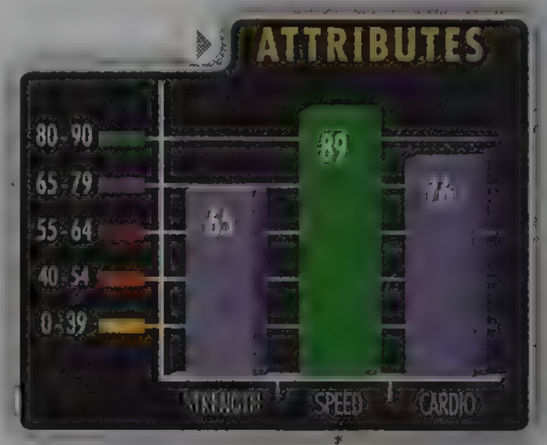
FIGHT CAMP
Ricardo Almeida Jiu-Jitsu

TRAINER
Ricardo Almeida

RECORD

OVERALL	11-1-0-0
UFC	6-1-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Keep the fight standing in most situations; however, Edgar has the defensive tools to survive in any situation.

Frank Edgar is skilled in a number of different offensive techniques, including standing strikes and kicks, clinch strikes, takedowns, and ground grappling. His limited strength keeps him from being a serious knockout threat, but his incredible speed and healthy cardio make him a quick fighter who doesn't slow down much between rounds.

Defensively, Edgar is about as good as it gets. His clinch grapple defense is only average—and that's the closest thing he has to a weakness. He's extremely difficult to take down or tap out, and he's virtually invincible in a standing position.

ON YOUR FEET

Edgar may lack the strength to be a knockout artist, but he can throw skilled punches with enough speed to keep an opponent off-balance and do some serious damage. Not only is his standing defensive skill incredibly high, but he's fast enough to block or counter anything that comes his way.

Edgar is at his best standing, and can fight in the clinch when needed. His speed and striking skills make him an incredibly effective counter-fighter.

TO THE MAT

Edgar has great takedown offense, and he has some solid ground grapple skills to go along with it. Unfortunately, he lacks finishing power (either with strikes or submissions), so expect to go the distance if you fight a ground game with Edgar. Fortunately, his ground defense and high cardio give him an excellent chance of coming out of the last round with his head held high and his arm raised in victory.

To score as high as possible on the ground, keep your strikes from being blocked, and reverse or block as many transitions as possible.

TAKING THE FIGHT TO EDGAR

You may be able to end the fight early if you possess excellent clinch striking or ground and pound.

Edgar has impressive striking skill, but without the strength to back it up, he's not a knockout threat. He can take down fighters and out-grapple them, but he has difficulty finishing them off. However, he also has good cardio and excellent defense. Your fight against him will likely go to a decision, so push the pace of the fight, land more solid strikes and score more takedowns and transitions to impress the judges.

EFRAIN ESCUDERO

"HECHO EN MEXICO"

By winning the first official UFC fight in his career, Efrain Escudero won the right to be called the Ultimate Fighter in the Lightweight Division of the series' eighth season. Prior to his appearance on The Ultimate Fighter, Escudero racked up 11 wins and no losses, including seven consecutive victories by submission. Since winning TUF8, Escudero beat Cole Miller at UFC 103 by TKO, but he lost his next fight four months later via submission.

STATISTICS

AGE>	24
BIRTHDATE>	1/15/86
WEIGHT>	155 lbs.
HEIGHT>	5'9"
REACH>	71"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
San Luis Rio Colorado, Sonora, Mexico

FIGHTING OUT OF
Tempe, AZ

FIGHT CAMP
—

TRAINER
—

RECORD

OVERALL>	13-1-0-0
UFC>	3-1-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

If an opponent doesn't have any apparent weaknesses, take the fight to the ground.

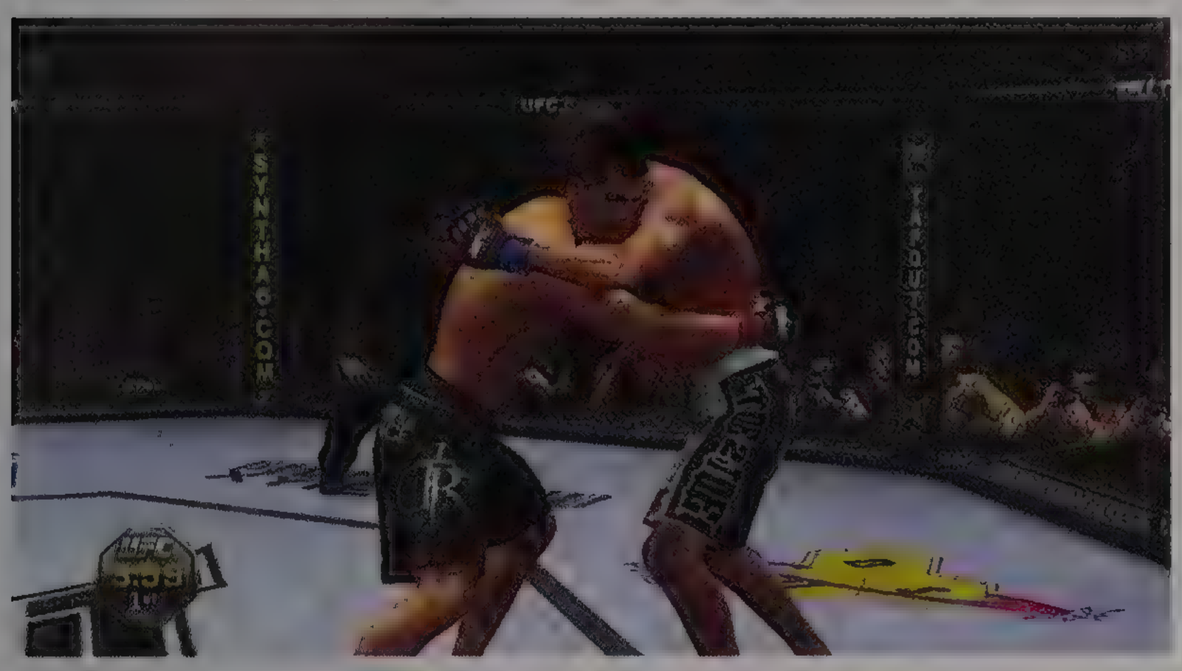
Other than some impressive speed and takedown offense, Efrain Escudero lacks any offensive attributes or techniques that could be considered anything other than average. He lacks the strength to be an effective striker, and he has difficulty finishing opponents on the ground.

Defensively, Escudero doesn't fare much better. His speed gives him an advantage when countering, but other than some good takedown defense, he's average across the board and particularly vulnerable to submissions.

ON YOUR FEET

Because Escudero's offensive strengths are all fairly average, standing and fighting with an opponent is not recommended unless that opponent is weak in standing situations. Escudero does have speed on his side, though, so even if he's not capable of rocking or knocking out opponents, he can at least score a few points and do some damage in the process.

Use jabs and counter-punches against opponents who are weak on their feet. Clinch against elite strikers with poor ground games.



TO THE MAT

When fighting an opponent who lacks ground skills, use Escudero's takedown skill to take the fight to the mat. Escudero has some aptitude for ground grappling, but he lacks strong submission and ground striking ability. With limited cardio, he is unlikely to be able to remain fresh throughout the fight.

You may need to rely on reversals to advance position unless you're fighting a weak wrestler. Fight as though you need to win a decision.

TAKING THE FIGHT TO ESCUDERO

Because Escudero's skills are universally average at best, you're largely free to fight your own style of fight against him. Be wary of his speed, and watch out for his takedown attempts, but other than that, you shouldn't have much trouble beating him if you stick to your game plan and don't get sloppy.

TERRY ETIM

Terry Etim came to the UFC in April of 2007 with a perfect 9-0 record from the independent MMA circuit. He made it an even 10-0 with a first-round submission victory in his UFC debut.

Etim suffered the first two losses of his career consecutively at UFC 75 and 84. He won four of his next five fights, two by submission, one by TKO, and one by unanimous decision.

STATISTICS

AGE:	24
BIRTHDATE:	1/11/86
WEIGHT:	155 lbs.
HEIGHT:	6'1"
REACH:	73"
STANCE:	Orthodox

NATIONALITY

HOMETOWN
Liverpool, England

FIGHTING OUT OF
Liverpool, England

FIGHT CAMP
Team Kaobon

TRAINER
—

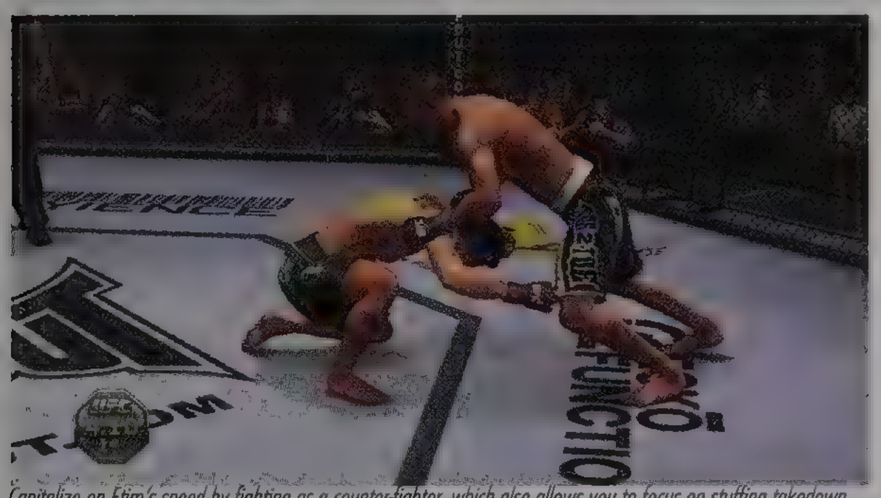
RECORD

OVERALL:	14-2-0-0
UFC:	5-2-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON



Capitalize on Etim's speed by fighting as a counter-fighter, which also allows you to focus on stuffing takedown and clinch grab attempts.

Terry Etim has tremendous speed, and his standing striking offense is quite good—especially his kicks, which are among the best in the UFC. However, he doesn't have a great deal of strength, which keeps him from being a legitimate knockout threat. On the ground, he is offensively unimpressive, although he does have formidable submission skills.

Etim's defense mirrors his offensive abilities. When he's standing, his defense is solid, but if the fight goes to the ground, he starts to struggle. To make matters worse, he suffers from low cardio, which prevents him from remaining competitive in the later rounds of a fight.

ON YOUR FEET

Etim's best chances of victory come when he's in a standing position at striking distance. His kicks are his most formidable weapon, although his strikes can also do some damage, and his speed makes him tough to counter. Just keep in mind that he's not strong, so don't expect the one-hit knockout.

Etim's takedown defense is below average, so use kicks to work the legs of opponents, weakening their takedown offense.

TO THE MAT

Etim's clinch grapple defense is below average, and his takedown defense is even worse. That's bad news, because his ground grapple skills are average at best, and he doesn't hold up well against ground strikes (although his submission defense is pretty good). To top it all off, Etim's cardio is too low to keep him in the fight if he faces an opponent who can go the distance.

Focus on keeping the opponent's head down and looking for transitions to reverse to escape. However, if an opponent is severely weakened or tires himself out, Etim may be able to secure a submission.

TAKING THE FIGHT TO ETIM

Beating Etim is just a matter of taking him down and unleashing heavy strikes on him from an advantaged position. If ground striking isn't your forte, grapple him on the ground until he starts to fatigue, then finish him off by whatever method you want. Aside from his sharp standing kicks offense, he's not a terribly dangerous fighter, and you should have little problem putting him away if you have a game plan and don't get sloppy.

Slowly push Etim against the cage by moving forward. Once close, he should have trouble negating your takedowns or clinch grabs. Finish him off in the clinch or on the ground.

SPENCER FISHER

"THE KING"

Spencer Fisher won his debut fight against Thiago Alves at UFC Ultimate Fight Night 2, as well as his next fight three months later. His first UFC loss was a controversial split decision at UFC 58 in a fight where Fisher was a last-minute replacement and had to cut 20 pounds in two days to make weight. Fisher would later avenge this loss at UFC Fight Night 10.

Over his three-year UFC career, he's managed to put together an 8-4 record, winning the Submission Of the Night Award at UFC 90 and two Fight of the Night Awards.

STATISTICS

AGE>	34
BIRTHDATE>	5/9/76
WEIGHT>	155 lbs.
HEIGHT>	5'7"
REACH>	70"
STANCE>	Southpaw

NATIONALITY

HOMETOWN

FIGHTING OUT OF

FIGHT CAMP

TRAINER

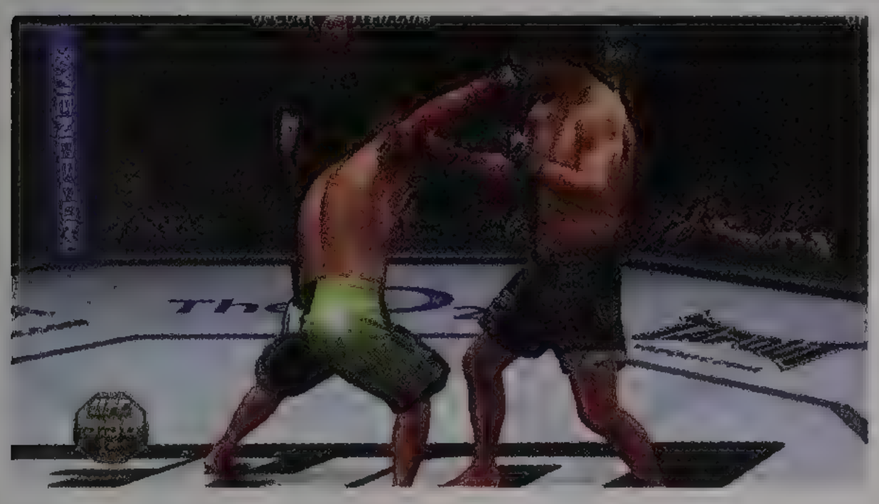
RECORD

OVERALL>	23-5-0-0
UFC>	8-4-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON



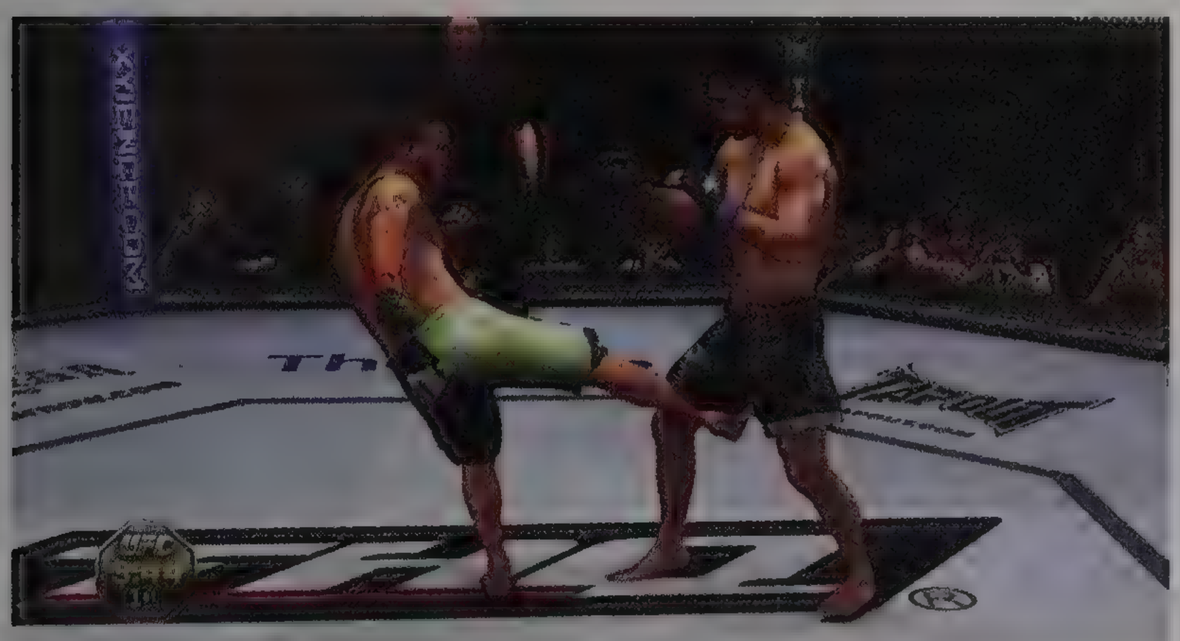
Fight aggressively as Fisher cannot afford to stay on defense for long.

With excellent speed and striking skill, Spencer Fisher is a TKO threat in virtually any situation. He excels at the standing game, where his strikes and kicks fly fast and furious, and he's not a bad clinch striker either. He's out of his element on the ground, but he's not helpless and has good ground striking skill.

Fisher's defense is his offense. His defensive ratings are average across the board, with the exception of some good takedown and submission defense. He's slightly stronger defensively in the clinch than he is in standing situations, so use that to your advantage if you're taking a pounding.

ON YOUR FEET

Fisher's strength is only average, but his speed and standing offensive skill makes up for it. His kicks are nearly as strong as his strikes, so mix up your levels. Use head and body shots to damage opponents and wear them down, and whittle down their vertical base with leg kicks to keep them from bringing the fight to the ground.



Fisher is best on his feet. Keep your strikes unpredictable so you can't be countered easily.

TO THE MAT

Fisher has good takedown defense and can counter a takedown attempt with a speedy, well-timed kick. That's a good thing, because his ground game is mediocre. He struggles with ground grappling, and although he can resist submissions, his ability to use them offensively is limited. In a pinch, he can do some damage with ground striking. His cardio is good, so he's not completely helpless on the ground, but you should bring the fight back to a standing position as soon as possible.

If you end up in a dominant position in the ground, use that time to work in some damage while keeping an eye to reverse transitions. Avoid staying on the ground too long against elite grapplers.

TAKING THE FIGHT TO FISHER

Standing toe-to-toe with Fisher means fighting his fight, but if you can get past his speed and standing offense, you can exploit his relative lack of standing defense and rock or KO him. Most of the time, though, try to take him down and take advantage of his lackluster ground skills. He's difficult to tap out, but his ground striking defense is nothing special.

Fisher relies on his offense to compensate for his defense. Prevent Fisher from staying on the offensive and you should be able to take advantage of his weak defenses.

KENNY FLORIAN

"KENFLO"

Although Kenny Florian lost the middleweight final to Diego Sanchez on the first season of The Ultimate Fighter, he's established himself as a dominant fighter in the UFC Lightweight Division. Following the loss to Sanchez, Florian won three consecutive fights to earn a shot at the vacant UFC Lightweight Championship, facing Sean Sherk at UFC 64. Florian lost by unanimous decision, but in his six-fight win streak that followed it, his conquests included Joe Lauzon and Joe Stevenson.

Florian fought BJ Penn for the UFC Lightweight Championship at UFC 101 and came up short, losing via submission in the fourth round. However, two consecutive victories following that defeat have kept him in the UFC Lightweight Championship picture.

STATISTICS

AGE	33
BIRTHDATE	5/26/76
WEIGHT	155 lbs.
HEIGHT	5'10"
REACH	74"
STANCE	Southpaw

NATIONALITY

HOMETOWN
Westwood, MA

FIGHTING OUT OF
Boston, MA

FIGHT CAMP
Florian Martial Arts Center

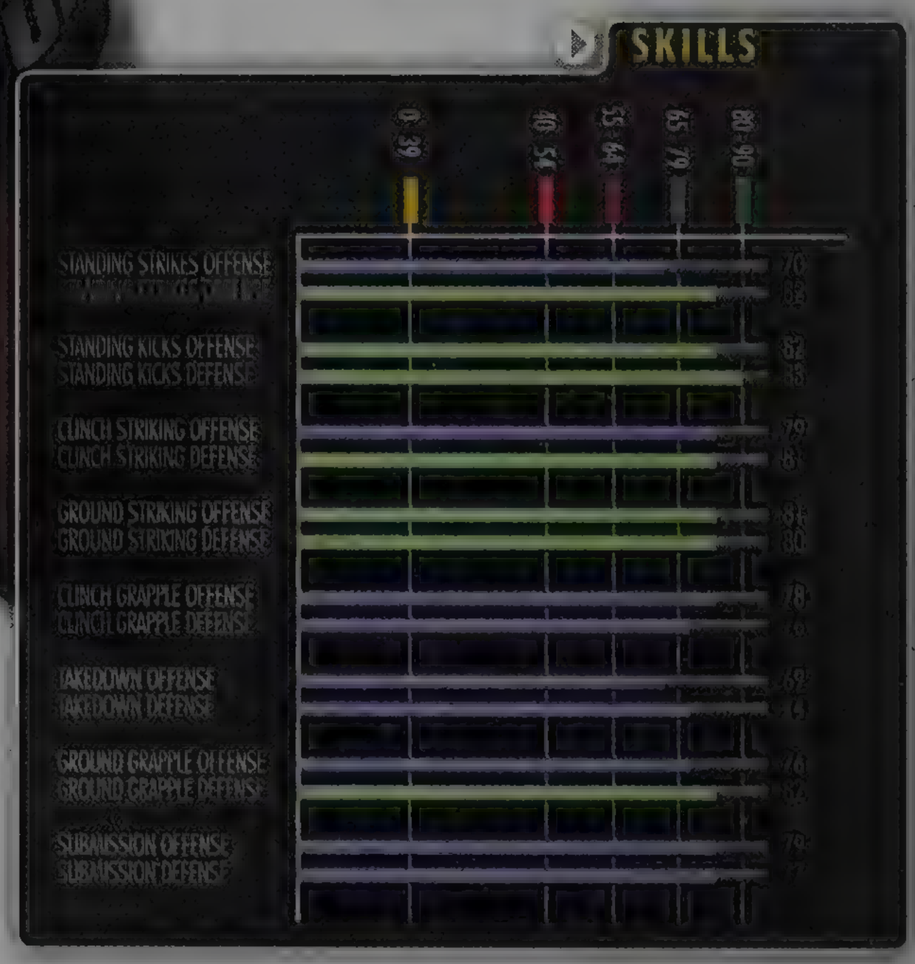
TRAINER
Kenny Florian

RECORD

OVERALL	14-4-0-0
UFC	10-3-0-0

ATTRIBUTES

SKILLS



IN THE OCTAGON

Florian can exploit any weaknesses opponents have, while presenting no easily exploitable weaknesses himself.

Kenny Florian isn't the strongest fighter in the UFC, but his speed and cardio help to make up for it. Florian is an offensive threat in any situation, with excellent standing kicks, clinch strikes, submissions and ground strikes. He is also a formidable ground grappler. His takedown skills are only average, but his overpowering clinch grapple skill allows him to take opponents to the mat with a throw.

Defensively, Florian is best when he's standing, almost as good in the clinch and only slightly more vulnerable on the ground. His robust cardio ensures that he can last as long as he needs to in a fight. While his takedown defense is his weakest (though still above average) defensive area, his quick kicks can counter a takedown shoot nicely.

ON YOUR FEET

Because Florian has so many different ways to beat an opponent, work the areas in which your opponent is weakest. If he lacks standing skills, engage him with Florian's devastatingly fast kicks, pulling him into a clinch if necessary to unleash Florian's brutal strikes. Florian's standing strikes aren't his best offensive technique, but he can take a punch much better than he can give one.

Against a strong ground fighter, use leg kicks to weaken the opponent's legs and takedown skills.

TO THE MAT

When facing an opponent who suffers from a lack of ground game, take him down with a clinch grapple throw and use Florian's ground grapple skills to take a dominant position. Florian's submission skills are nearly as good as his ground strikes, so use the finishing method that works best against the opponent you're facing. Use strikes to damage opponents while looking to reverse any transitions. If you wind up on your back, don't panic—Florian's ground defense is as good or better than his ground offense.

Florian can submit nearly anyone who becomes weakened or tired.

TAKING THE FIGHT TO FLORIAN

Kenny Florian is a hard fighter to finish. Not only does his high cardio keep him from tiring, he's defensively strong in all the situations that would end with a knockout or submission. His submission defense is his weakest point, but that's still better than most fighters'. Your best bet is to go after Florian with the skills in which your fighter is sharpest, fight an efficient fight, stay in control, and hope for a victory by decision.

Push the pace to take the fight where your fighter is the strongest and keep it there. Don't let Florian dictate the match because he will focus on where you are weakest.

HERMES FRANCA

Hermes Franca came to the UFC in 2003 with a unanimous decision victory at UFC 42. He earned a modest 2-2 record before returning to the independent MMA circuit. When he returned to the UFC in 2006, he lit the Lightweight Division on fire, winning three consecutive matches and earning an ultimately unsuccessful title shot against UFC Lightweight Champion Sean Sherk at UFC 73.

Franca faced Frank Edgar at UFC Fight Night 14 and lost via unanimous decision, but the bout was awarded Fight of the Night honors. He won a unanimous decision of his own at UFC 90 but suffered a knockout loss at UFC 103 to Tyson Griffin.

STATISTICS

AGE>	35
BIRTHDATE>	8/27/74
WEIGHT>	155 lbs.
HEIGHT>	5'6"
REACH>	70.5"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Fortaleza, Brazil

FIGHTING OUTSIDE
Miami, FL

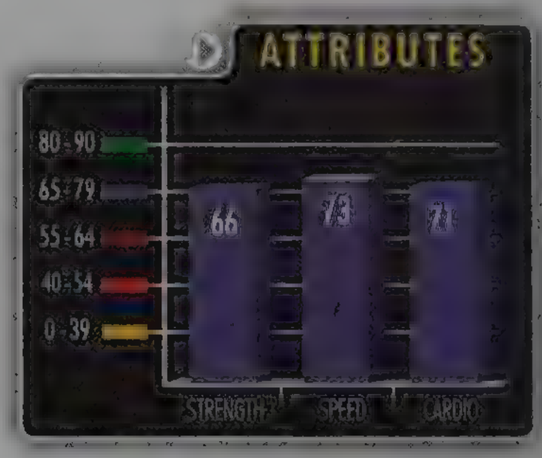
FIGHT CAMP
Team Hermes Franca

TRAINER
—

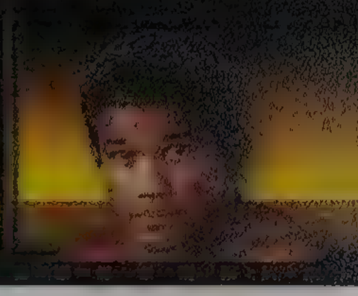
RECORD

OVERALL>	19-9-0-0
UFC>	9-5-0-0

ATTRIBUTES



SKILLS



IN THE OCTAGON

Take the fight to the mat and try to end the fight fairly early with a submission.

All of Hermes Franca's physical attributes and most of his offensive abilities are generally average, with the exception of his ground grapple offense and his superb submission offense.

He's difficult to tap out, but he doesn't have much defense against strikes or kicks when standing or in the clinch. He's a bit better at taking a punch on the ground, but with his average cardio, he can't afford to stay in defensive positions on the mat for long.

ON YOUR FEET

Franca is defensively vulnerable and offensively unimpressive on his feet, so this is not where you want the fight to remain. His takedown skills are lackluster, but his clinch grapple skill is slightly better, giving him an increased chance to take the fight to the ground with a throw.

If you are fighting a striker, look for your opponent's patterns or favored attacks. Find an opportunity to catch a kick or duck under a punch for a guaranteed takedown.

TO THE MAT

Bring the fight to the ground as quickly as possible and establish a dominant position early. Transition effectively to set up submissions, and lock it in to make your opponent tap out. Work quickly but methodically, because Franca's conditioning is not the best, and sloppy ground fighting will leave him exhausted. If you're ever able to posture up, use that time to deliver some ground strikes to the head.

Any time your opponent's stamina drops too low, lock in a submission.

TAKING THE FIGHT TO FRANCA

As long as you keep Franca from getting into a position where he can apply a submission, you're in excellent shape in a fight with him. Use the offensive techniques in which your fighter excels, preferably keeping the fight standing if possible. If you have great cardio, you can wear out Franca in the early rounds and do a number on him before the end of the fight, when he's completely gassed. If fight ends up on the ground, be patient and keep your stamina high so you can fight off any submission attempts.

TYSON GRIFFIN

Tyson Griffin came to the UFC with a perfect professional MMA record and made an immediate impact in his UFC 63 debut, winning by submission less than two minutes into the fight and earning the Submission of the Night award. He lost to Frank Edgar in his next fight at UFC 67, but the bout won Fight of the Night honors, the first of five times Griffin would earn the distinction.

Griffin's only other professional loss came against Sean Sherk at UFC 90, but with a 14-2 record (7-2 in the UFC), including a knockout of Hermes Franca at UFC 103, there's no doubt that Griffin has a bright future ahead of him in the Lightweight Division.

STATISTICS

AGE>	26
BIRTHDATE>	4/20/84
WEIGHT>	155 lbs.
HEIGHT>	5'6"
REACH>	69"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Sacramento, CA

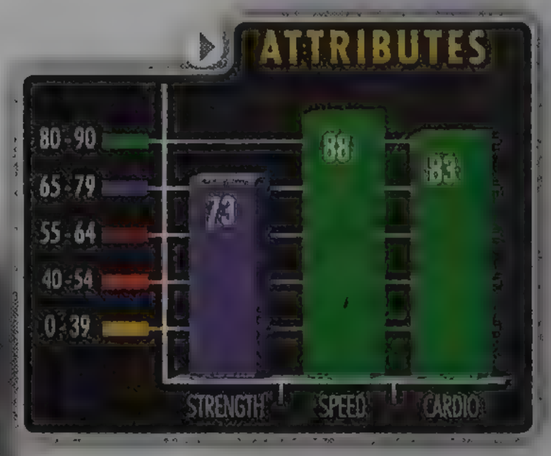
FIGHTING OUT OF
Las Vegas, NV

FIGHT CAMP
Xtreme Couture

TRAINER

RECORD

OVERALL>	14-2-0-0
UFC>	7-2-0-0



IN THE OCTAGON

Griffin has a good striking offense anywhere in the octagon.

Tyson Griffin is one of the fastest fighters in the UFC. Combined with his tremendous standing and ground strikes offense, he is capable of rocking opponents with carefully timed strikes. His standing kicks and clinch strikes also pack a wallop. Stay on your feet to make the most use of his speed.

Defensively, Griffin is at his best when he's standing, with excellent standing strikes and kicks defense, not to mention strong resistance to takedowns. He's also almost nearly impossible to tap out, and his extremely high cardio gives him the stamina to end the fight nearly as fresh as he started it.

ON YOUR FEET

Griffin's fight is best fought standing, where he has tremendous striking and kicking offense and defense. Use his speed to block and counter effectively and counter-strike for maximum impact. Griffin isn't as capable in the clinch, but his skills are still formidable there as well. Work in leg kicks occasionally to weaken your opponent's legs.

Watch for any takedown attempts and counter them if possible to land a knee or punch to the head.

TO THE MAT

Griffin lacks great ground grapple skill, and he's nowhere near a submission threat, but if he winds up in an advantaged position, he can do some severe damage with his strikes. His ground defense is very good, especially his submission defense, and his cardio keeps his energy level high, allowing him to work hard on the ground without sacrificing his stamina.

Against weak grapplers, Griffin can do some major damage with ground and pound if he's able to posture up. Avoid this against excellent ground grapplers who will make it difficult to hold an advantageous position.

TAKING THE FIGHT TO GRIFFIN

The clinch and the ground are the most effective places to fight Griffin, provided you have the dominant position.

Griffin is a better standing fighter than a ground fighter, so if at all possible, take the fight to the ground. That's easier said than done considering Griffin's outstanding takedown and clinch grapple defense, but he's too strong and too dangerous in a standing position to let him fight the way he wants.

A skilled clinch fighter can limit the amount of damage taken at the hands of Griffin. While Griffin's clinch defense is solid, it's not quite as impenetrable as his standing defense.

CLAY GUIDA

"THE CARPENTER"

Clay Guida brought an impressive 20-3 professional record into the Octagon when he made his debut at UFC 64, which he won via submission. After three tough losses, his career turned a corner in 2008, starting with a first-round TKO of his opponent at UFC Fight Night: Florian vs. Lauzon. Guida went on to win four of his next six fights. His only two losses came against a pair of the UFC's elite lightweights, Diego Sanchez and Kenny Florian. Over that stretch, he won his second and third Fight of the Night Awards and his first Submission of the Night Award.

STATISTICS

AGE>	28
BIRTHDATE>	12/8/81
WEIGHT>	155 lbs.
HEIGHT>	5'7"
REACH>	68"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Round Lake, IL

FIGHTING OUT OF
Johnsburg, IL

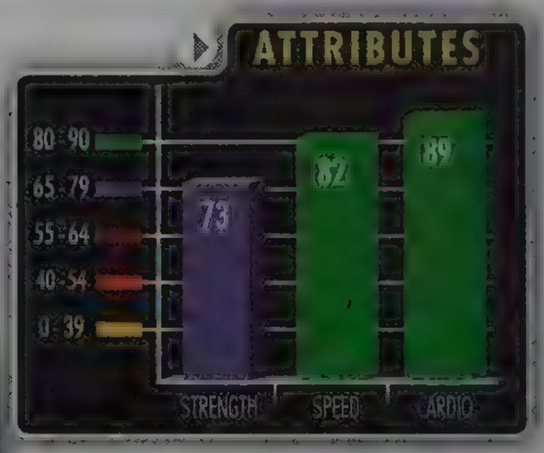
FIGHT CAMP
Greg Jackson's Gym

TRAINER
Greg Jackson

RECORD

OVERALL>	25-11-0-0
UFC>	6-5-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Not only is Clay Guida extremely fast, he's one of the best-conditioned fighters in the UFC, so he can run at full speed without running out of gas. Guida is a classic ground and pound fighter whose primary strategy should be to shoot for the takedown, advance his position and unleash ground strikes in search of the TKO.

Guida's defensive ratings mirror his offensive ones. He's average in a standing position, slightly better off in the clinch and strong on the ground—with the exception of submissions, which he doesn't resist all that well. It's best to overwhelm opponents with ground and pound before they can take advantage of his weaker defenses.

ON YOUR FEET

Although Guida has great speed, you're better off using that to shoot for a takedown when the time is right, rather than trying to go toe-to-toe with an opponent, especially a skilled striker. Guida is generally weak against strikes when his feet are on the ground.

Use Guida's speed to shoot for takedowns through an opponent's attacks. Even if he takes a punch or kick it will likely be before the opponent can fully extend his attack.

TO THE MAT

Guida has great takedown and ground striking skills, but his ground grapple skills are only average, which can make it difficult for him to transition effectively. However, his off-the-charts cardio allows him to stay busy on the ground and wear down his opponents, making it easier for him to make the most of his limited grappling skills. Posture up whenever possible, in any position.

Guida's high cardio will let him unleash long bouts of ground and pound without tiring out easily.

TAKING THE FIGHT TO GUIDA

When fighting Guida, keep him standing, and fight to finish him. His cardio is so high that the longer the fight goes on, the tougher your job becomes. Work your strongest offense against him while avoiding his takedowns. As long as you keep Guida from getting on top of you on the ground, he isn't a huge threat. His defense against standing strikes and kicks and clinch strikes is only average, while his ground defense is much better.

Guida is also vulnerable to submissions, so if your fighter specializes in them, put them to good use.

JOE LAUZON

"J-LAU"

Joe Lauzon's first UFC appearance was a 47-second TKO of former UFC Lightweight Champion Jens Pulver at UFC 63. Ironically, Lauzon's next UFC appearance was as a contestant on the fifth season of The Ultimate Fighter as a member of BJ Penn's team. Pulver was the rival coach.

Although unsuccessful in his bid to become the Ultimate Fighter, Lauzon continued to fight in the UFC, winning every one of his matches by TKO or submission except for defeats to Kenny Florian and Sam Stout. Lauzon has also earned Fight of the Night and Submission of the Night awards in his last two fights.

STATISTICS

AGE>	25
BIRTHDATE>	5/22/84
WEIGHT>	155 lbs.
HEIGHT>	5'10"
REACH>	70"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Brockton, MA

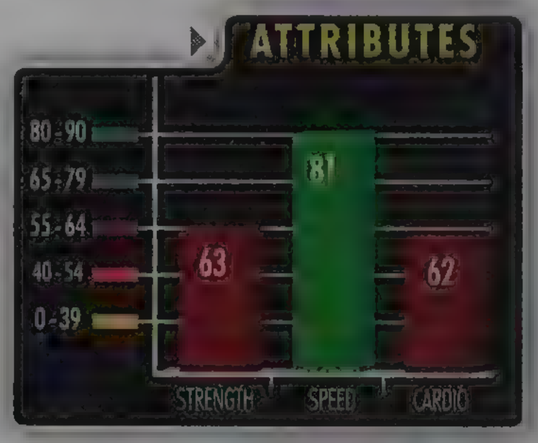
FIGHTING OUT OF
Bridgewater, MA

FIGHT CAMP
Lauzon MMA

TRAINER
—

OVERALL>	18-5-0-0
UFC>	5-2-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Pursue an early victory by taking opponents to the ground and locking in a submission victory. Lauzon will have difficulty securing victory in later rounds.

Joe Lauzon is extremely fast, but he lacks strength and cardio. He is a submission-based fighter whose game plan is to take down opponents, transition to a dominant position and apply a submission for the tapout. Other than his submission and ground grapple skills, his offense is generally average.

Defensively, Lauzon can take a beating on the ground, but he's vulnerable to standing strikes and strikes in the clinch. He also lacks ability to resist takedowns and throws, but his ground grappling skill is so high that he can quickly regain control on the ground after being taken down.

ON YOUR FEET

Avoid a standing fight. Lauzon is prone to being rocked or knocked out by a legitimate striker, and he's just as vulnerable in the clinch. He also lacks the strength to put any power behind his strikes, which severely limits the amount of damage he can do.

Look to catch any kicks thrown your way or to shoot for a takedown under any high attacks.

TO THE MAT

Lauzon doesn't have much ability to resist takedowns, but that can be considered a crucial element of his game plan. His ground grapple skill is so strong that he can easily transition defensively and take control from a disadvantaged position. His ground striking offense is mediocre, but his submission skills are brutal. However, keep in mind that he also lacks cardio, so don't exhaust yourself on the mat. Keep your stamina high while working to obtain stronger positions.

Watch for your opponent's stamina to drop to lock in an early submission.

TAKING THE FIGHT TO LAUZON

Be careful on your feet. As long as you block his takedowns and keep your strikes unpredictable, he will have a difficult time winning the fight.

Keep the fight standing in the early going. Even if you're not much of a striker, Lauzon is almost certainly no better. With little strength and cardio, he should have trouble doing real damage to you while quickly running out of steam.

Once that happens, look to finish him with whatever methods suit your fighter best. Just don't let yourself get into a position where he is able to cinch in a serious submission, or you'll wind up tapping out before long.

GRAY MAYNARD

"THE BULLY"

Gray Maynard is an extremely skilled wrestler who competed alongside Rashad Evans at Michigan State University. After a failed bid to make the 2004 US Olympic team, Maynard became a sparring partner for BJ Penn, which led to him becoming a contestant on the fifth season of The Ultimate Fighter.

His debut fight at The Ultimate Fighter 5 Finale ended in a no contest when Maynard knocked himself out forcing a submission from his opponent. Since then, he has won seven consecutive fights. All of them came by decision except a nine-second knockout at UFC Fight Night: Din Thomas vs Kenny Florian, which was the second-fastest knockout in UFC history at the time.

STATISTICS

AGE> 31

BIRTHDATE> 5/9/79

WEIGHT> 155 lbs.

HEIGHT> 5'8"

REACH> 70"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Phoenix, AZ

FIGHTING OUT OF
Las Vegas, NV

FIGHT CAMP
Xtreme Couture

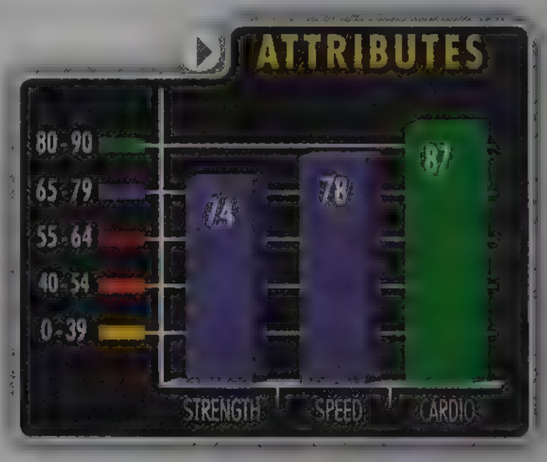
TRAINER

RECORD

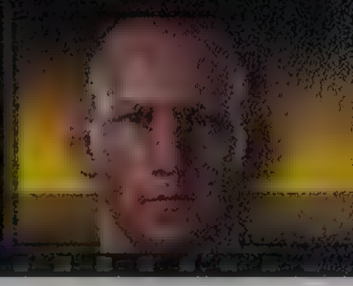
TOTAL> 9-0-0-1

UFC> 6-0-0-1

ATTRIBUTES



SKILLS



IN THE OCTAGON

Maynard can attack the weak points of nearly any type of fighter.

Gray Maynard has decent strength, great speed, and outstanding cardio. He is a classic ground and pound fighter, with excellent takedown and ground striking offense skill, although his average ground grapple skill makes his challenging for him to advance his position.

Maynard also enjoys some of the best defense of any fighter in the UFC. His ground grapple defense is only average, but in every other category, he is well above average. He's especially solid against submissions and takedowns, and his striking defense in any situation is top-notch. With his tremendous cardio, he can outwork virtually any opponent.

ON YOUR FEET

Maynard's best offense is ground-based, but with his great speed and standing strikes skill, he can do some damage from a standing position or in the clinch. He's defensively superb in every category and very difficult to rock or KO with strikes.

Look to box against strong wrestlers early. Get in some damage while opponents are unlikely to stay fresh in later rounds.

TO THE MAT

With his tremendous takedown skill, Maynard can bring the fight to the ground at any time, which is where he is most dangerous. Although his ground grapple skills are only average and his submission offense is mediocre, his ground striking is absolutely deadly. Plus, with his tremendous cardio, he can keep opponents working on the ground until they're fatigued and unable to stop him from taking control.

Look to posture up whenever possible to deliver non-stop ground and pound. Reverse escape attempts to improve your position.

TAKING THE FIGHT TO MAYNARD

Take advantage of Maynard's weak ground grappling skill. Prevent him from posturing up and look to reverse any transitions to turn the tables, where he will have difficulty escaping once in a bad position.

Maynard is a tough opponent in any situation. He's less offensively capable on his feet, but he's still dangerous and has terrific speed and defense. His high cardio helps to compensate for his lack of ground grapple skill, and if he takes a dominant ground position, he will crush you with strikes.

No matter how you choose to attack him, Maynard will give you a good fight. Your best bet is to play to your fighter's strengths and avoid situations where your fighter is weak. Above all, finish him off quickly, because you will fatigue faster than him.

COLE MILLER
"MAGRINHO"

Although he lost his bid to become The Ultimate Fighter in the series' fifth season, Cole Miller made his UFC debut at the Ultimate Fighter 5 Finale and won his fight with a first-round TKO.

Since then, Miller has gone 4-2 over his next six fights, with three of his four victories coming by submission. He's also become a more efficient fighter—his last two victories have come by submission in the first round.

STATISTICS

AGE >	26
BIRTHDATE >	4/26/84
WEIGHT >	155 lbs.
HEIGHT >	6'1"
REACH >	73"
STANCE >	Orthodox

NATIONALITY

HOMETOWN
Augusta, GA

FIGHTING OUT OF
Coconut Creek, FL

FIGHT CAMP
American Top Team

TRAINER
Ricardo Liberio

RECORD

OVERALL >	16-4-0-0
UFC >	5-2-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

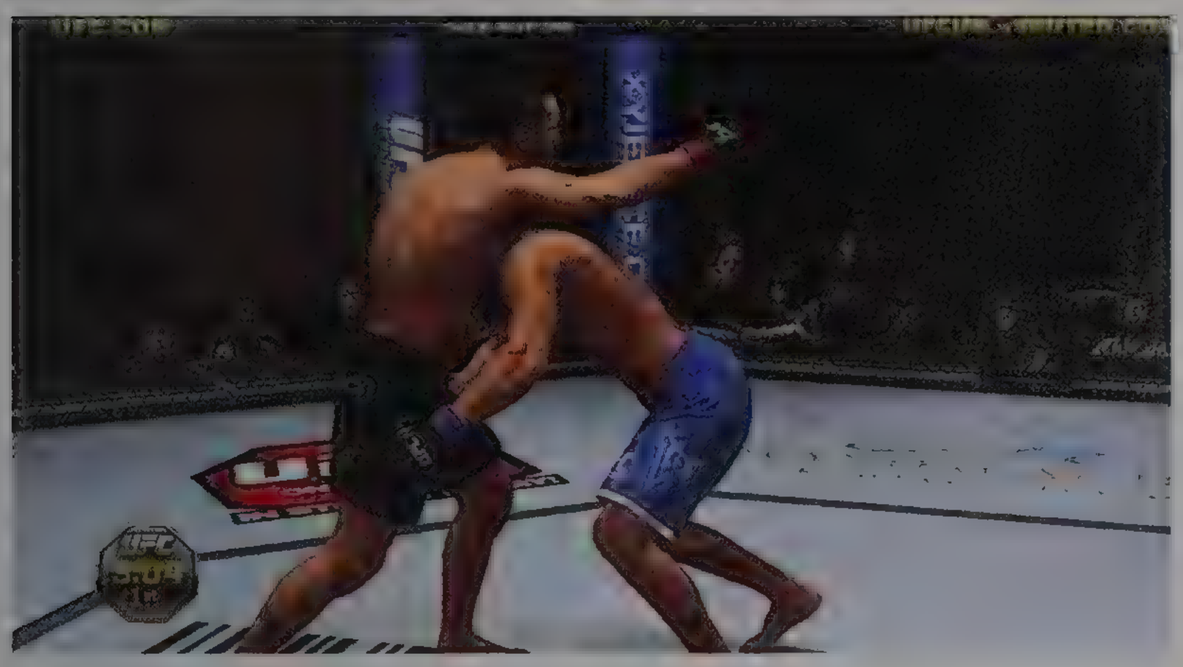
Miller must lock in an early submission against most fighters. With low takedown and clinch grapple skills, his options are limited.

As his record implies, Cole Miller is a submission specialist, with good ground grapple skills and excellent submission offense. His takedown offense is only average, however, and his clinch grapple offense is slightly worse, so it can be a struggle for him to bring opponents to the ground, especially considering his lackluster strength.

Defensively, Miller is average at best in all categories except ground grapple and submission defense, where he is extremely solid. However, with only average cardio, he can tire over the course of a hard-fought fight.

ON YOUR FEET

While he does have some speed, Miller lacks the strength and the offensive skill to be an effective standing or clinch striker. He's also defensively mediocre in standing and clinch situations, so you should try to take the fight to the ground as quickly as possible.



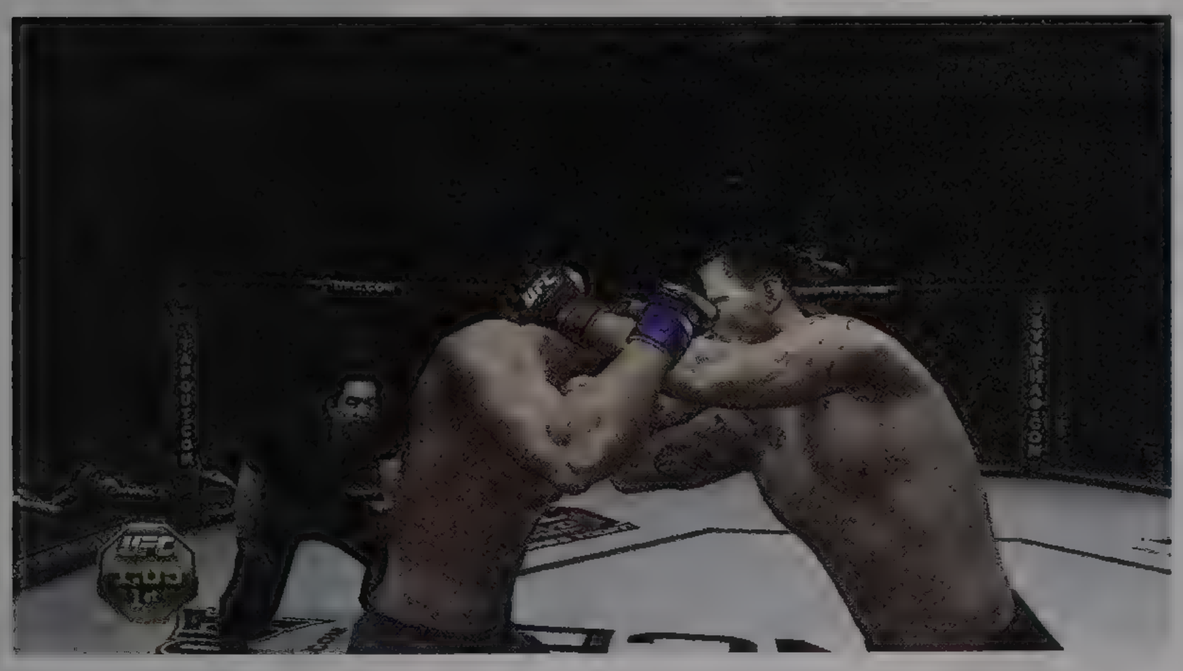
Try to catch kicks or shoot under high strikes to take down most opponents.

TO THE MAT

Miller has only average takedown offense and slightly worse clinch grapple offense, so taking the fight to the mat can be easier said than done. Once it's there, he has some solid ground grapple skills and outstanding submission ability. His ground striking isn't a powerful offensive weapon, so go for the submission whenever you're in a good position to do so.

Once the fight ends up on the ground, you must prevent opponents from escaping to their feet all costs. Watch for an opponent to gas himself, then lock in a submission.

TAKING THE FIGHT TO MILLER



The longer you can keep the fight standing, the better chance you have of beating Cole Miller. His standing defense is not that good, and his lack of strength and standing offense severely limits the amount of damage he's capable of doing. Don't engage with him on the ground, where his submission skill can finish you off in a hurry.

As long as you remain unpredictable while standing, Miller should have difficulty taking you to the ground. Clinch fighting will be particularly effective as he will have trouble escaping or throwing you to the ground.

ROSS PEARSON

"THE REAL DEAL"

Ross Pearson brought a 9-3 record with him from the independent UK MMA circuit when he joined The Ultimate Fighter: United States vs. United Kingdom, and he became The Ultimate Fighter by unanimous decision at The Ultimate Finale.

Pearson is undefeated in the UFC thus far, with two decisions and a TKO to his credit. His last fight was a decision victory against Dennis Siver at UFC Fight Night Florian vs. Gomi.

STATISTICS

AGE>	25
BIRTHDATE>	9/26/84
WEIGHT>	155 lbs.
HEIGHT>	5'8"
REACH>	69"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Sunderland, England

FIGHTING OUT OF
Sunderland, England

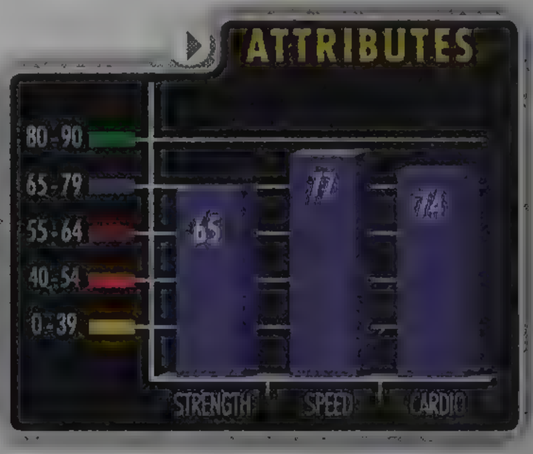
FIGHT CAMP
Team Rough House

TRAINER
—

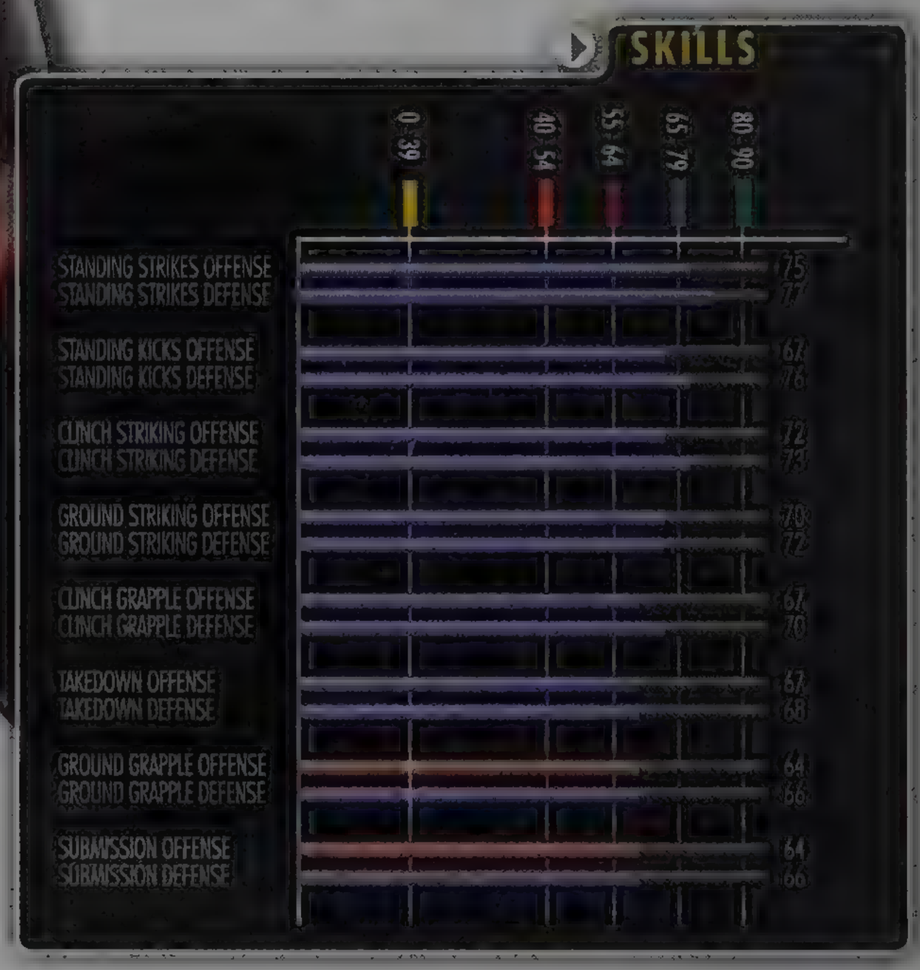
RECORD

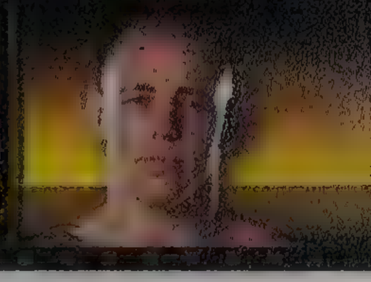
OVERALL>	10-3-0-0
UFC>	2-0-0-0

ATTRIBUTES



SKILLS





IN THE OCTAGON

Pearson is a striker who needs to rely on his speed stay out of the clinch or off the ground.

Ross Pearson isn't a tremendously strong fighter, but he has great speed and good conditioning, which augments his striking ability. His best offensive weapon is his standing striking offense, and he's also a fairly effective clinch and ground striker as well.

Defensively, Pearson is solid in a standing position, average in the clinch and shaky on the ground. He's especially vulnerable to submissions, and his poor ground grapple skills prevent him from being able to advance his position on the ground or prevent his opponent from transitioning.

ON YOUR FEET

Pearson is at his best when he's standing at striking range with his opponent. He's defensively solid in that situation, and his speed helps him catch his opponent off-guard. He doesn't have much power to put behind his punches, so don't expect a knockout. Instead, fight to score points with an eye toward the decision.

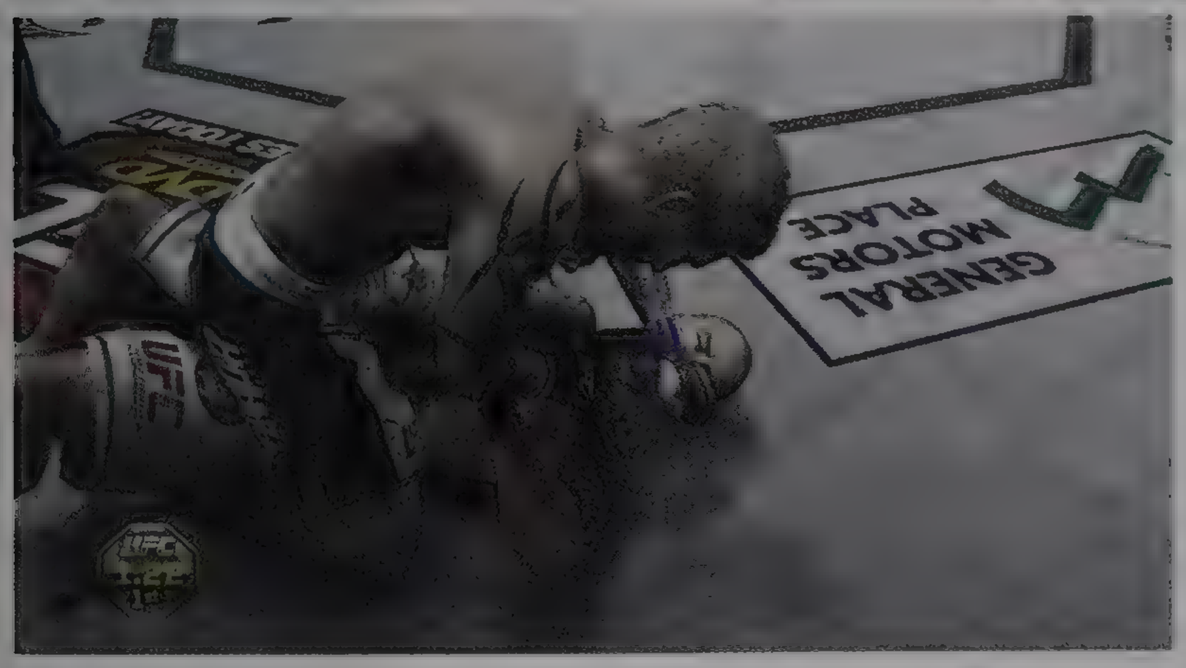
Pearson is limited to fighting effectively with his fists, which makes him unable to weaken his opponent's legs. You must keep an eye out for opponents shooting for takedowns or moving close to clinch.

TO THE MAT

Pearson has trouble resisting takedowns and throws, which is problematic, because he's extremely vulnerable on the ground. His ground grapple skills are substandard, and his submission defense is weak. If the fight goes to the ground, do whatever it takes to bring it back to a standing situation, or it could be over in a hurry.

Keep your stamina high while on the ground while keeping opponents from posturing up. Try to reverse any transitions to gain a temporary position advantage and stand the fight up.

TAKING THE FIGHT TO PEARSON



Work on delivering strikes from whatever position you are in and force him to try to make an escape.

If you're fighting as a skilled striker with some strength, you might stand a good chance of going toe-to-toe with Pearson and out-striking him. However, his greatest vulnerability is his lack of ground offense and defense. He's not hard to take down, and once the fight goes to the mat, it's relatively easy to advance your position and submit him.

Once on the ground, Pearson will have a difficult time doing anything. Don't give him many reversal opportunities as that will be his only real way of escaping.

KURT PELLEGRINO

"BATMAN"

Kurt Pellegrino's first professional MMA fight was a unanimous decision victory at WEC: Rumble Under the Sun. After several years of dominating the independent MMA circuit, Pellegrino made his UFC debut at UFC 61 and lost by submission in the third round.

Since then, Pellegrino has rebounded nicely. He won seven of his last nine fights, most of them by submission. His last fight was at UFC 111, and he won in the second round by choking out his opponent.

STATISTICS

AGE>	31
BIRTHDATE>	5/7/79
WEIGHT>	155 lbs.
HEIGHT>	5'8"
REACH>	71"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Point Pleasant, NJ

FIGHTING OUT OF
Point Pleasant, NJ

FIGHT CAMP
Kurt Pellegrino MMA

TRAINER

RECORD

OVERALL>	14-4-0-0
UFC>	7-3-0-0

ATTRIBUTES

SKILLS

IN THE OCTAGON

Pellegrino's best chance at winning is through submissions against tired or weakened opponents.

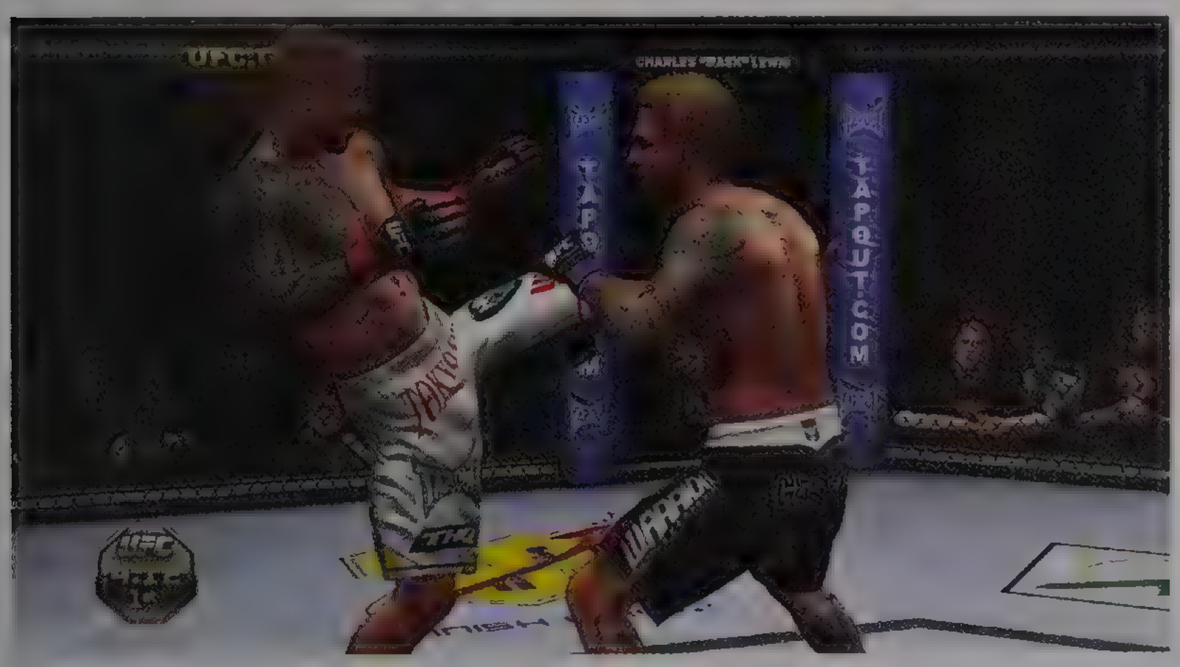
Kurt Pellegrino is a well-rounded fighter with good speed and impressive cardio. He's a better fighter on the ground, where he can use his above-average submission and ground striking skills against his opponents.

Other than some solid takedown defense, Pellegrino's defensive abilities are average at best. His clinch grapple defense is particularly weak, making it possible for opponents to throw him to the mat and put him in a vulnerable position.

ON YOUR FEET

There's no reason for Pellegrino to stand and trade blows with opponents. His offensive skills range from merely average to substandard, and he's defensively limited across the board. Instead, use Pellegrino's speed to counter your opponent's strikes and take the fight to the ground.

Look to catch any obvious kicks that come your way, including strikers looking to weaken your takedown offense by attacking your legs.



TO THE MAT

Pellegrino has good takedown offense, and his speed helps him to counter standing attacks into takedowns. His ground grapple skills are limited, but his submission offense is his most dangerous weapon. His ground strikes are also capable of doing some damage, but unless his opponent is worn down, Pellegrino is not a TKO threat.

Look for opponents to fatigue or weaken and lock in a submission.

TAKING THE FIGHT TO PELLEGRINO

As long as you can keep Pellegrino from transitioning to a dominant position and locking in a submission, he's not a particularly dangerous fighter. He's quick, but he's far from the fastest fighter in the UFC. While his cardio is impressive, a relentless offense will finish the fight before he has a chance to outlast you.

Stay aggressive against Pellegrino, sticking with your fighter's strongest offense. If the fight goes to ground, you should be fine if you keep your energy high enough to fend off submission attempts.

BJ PENN

"THE PRODIGY"

BJ Penn began his UFC career as a lightweight at UFC 31, with a first-round TKO in his debut fight. Within the first two years of his UFC career, Penn had narrowly missed winning the UFC Lightweight Championship twice. At UFC 46, he defeated UFC Welterweight Champion Matt Hughes in the first round. It was Penn's first professional MMA fight as a welterweight.

After vacating the title and going on a two-year hiatus from the UFC, Penn came back to the Octagon in 2006, and in 2007, he returned to the Lightweight Division and defeated Joe Stevenson for the UFC Lightweight Championship at UFC 80 in 2008. After defending it successfully against Sean Sherk at UFC 84, Penn made a run at George St-Pierre's Welterweight Championship at UFC 94 but came up short. Since then, he has defeated Kenny Florian and Diego Sanchez, but he lost his UFC Lightweight Championship to Frankie Edgar at UFC 112.

STATISTICS

AGE> 31

BIRTHDATE> 12/13/78

WEIGHT> 170/155 lbs.

HEIGHT> 5'9"

REACH> 70"

STANCE> Orthodox and Switch

NATIONALITY

HOMETOWN
Kailua, HI

FIGHTING OUT OF
Hilo, HI

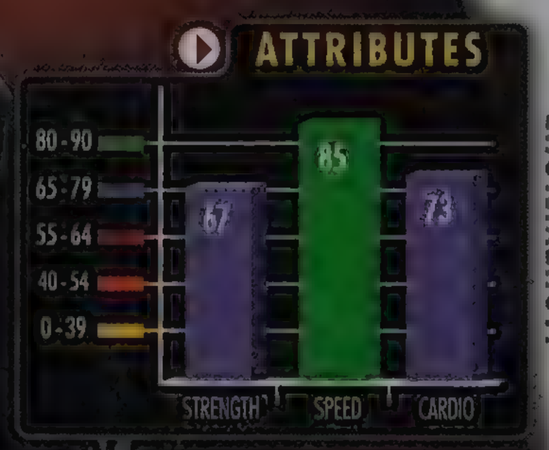
FIGHT CAMP
Team Penn

TRAINER
Rexxon Penn

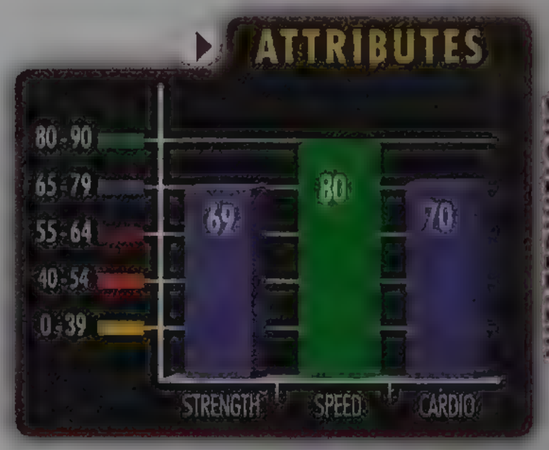
RECORD

OVERALL> 15-5-1-0

UFC> 11-4-1-0



LIGHTWEIGHT



WELTERWEIGHT

IN THE OCTAGON

BJ is an amazingly well-rounded fighter with a granite chin who is dangerous in any situation.

BJ has two prime offensive weapons. The first is his standing strikes offense, which is capable of rocking opponents, even if BJ lacks the power to be a real KO threat. The second is his elite submission offense, which is complemented by his excellent ground grapple skill.

Defensively, BJ has no real weak points. In every situation, his defensive skill is outstanding. His only vulnerability is his average cardio, which can keep him from being able to preserve his stamina deep into fights, especially in five-round title fights.

ON YOUR FEET

BJ is not particularly offensively gifted in the clinch, nor are his kicks anything to fear. His defense is rock-solid in every standing and clinch situation, and he can do some serious damage with his standing strikes.

Don't be in a hurry to take the fight to the ground. Penn can go toe-to-toe with any striker out there, with excellent speed to punch and counter anything thrown at him.

TO THE MAT

While his standing game is good, the ground is where BJ truly excels as a fighter. Although his takedown and clinch grapple offense isn't outstanding, his speed allows him to counter kicks and turn them into takedowns. On the ground, Use his excellent ground grapple skills to advance his position and set up his devastating submissions or powerful ground strikes. BJ is even dangerous on his back due to his Brazilian Jiu-Jitsu skills.

Any time the fight is on the ground, opponents must be extremely careful.

TAKING THE FIGHT TO PENN

The key to defeating BJ is patience. At the start of the fight, his defense is impeccable, and he's capable of doing some serious damage in a variety of positions. You must wear him out before you can really go after him. The clinch is where he's least impressive, but if you lack strong clinch skills, go with your strongest offensive abilities and look to finish him.

All of BJ's losses have been late game TKOs or decision losses. He is virtually impossible to knock out or submit. You must consider a decision victory in your game plan, but fight wherever your fighter is strongest.

JENS PULVER

"LI'L EVIL"

Jens Pulver was the first UFC Lightweight Champion, and he coached the fifth season of The Ultimate Fighter, which helped to re-establish the UFC Lightweight Division.

Pulver won the UFC Lightweight Championship at UFC 30 by beating Caol Uno by decision. He defended it twice successfully at UFC 33 and 35 before vacating the championship. In Pulver's two most recent UFC appearances, he lost to Joe Lauzon by KO at UFC 63 and to rival coach BJ Penn at The Ultimate Fighter 5 Finale.

STATISTICS

AGE> 35

BIRTHDATE> 12/6/74

WEIGHT> 155 lbs.

HEIGHT> 5'7"

REACH> 68"

STANCE> Southpaw

NATIONALITY

HOMETOWN
Sunnyside, WA

FIGHTING OUT OF
Davenport, IA

FIGHT CAMP
Jackson's MMA

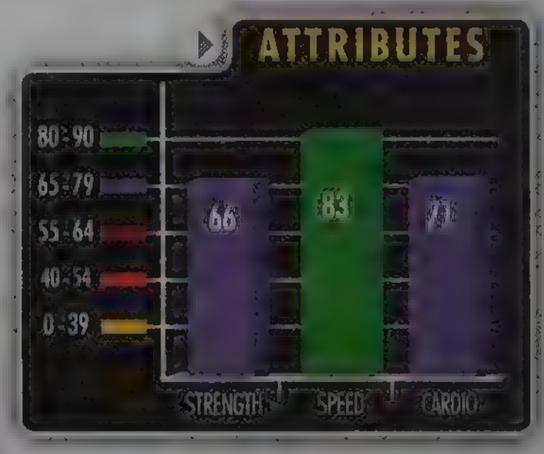
TRAINER
—

RECORD

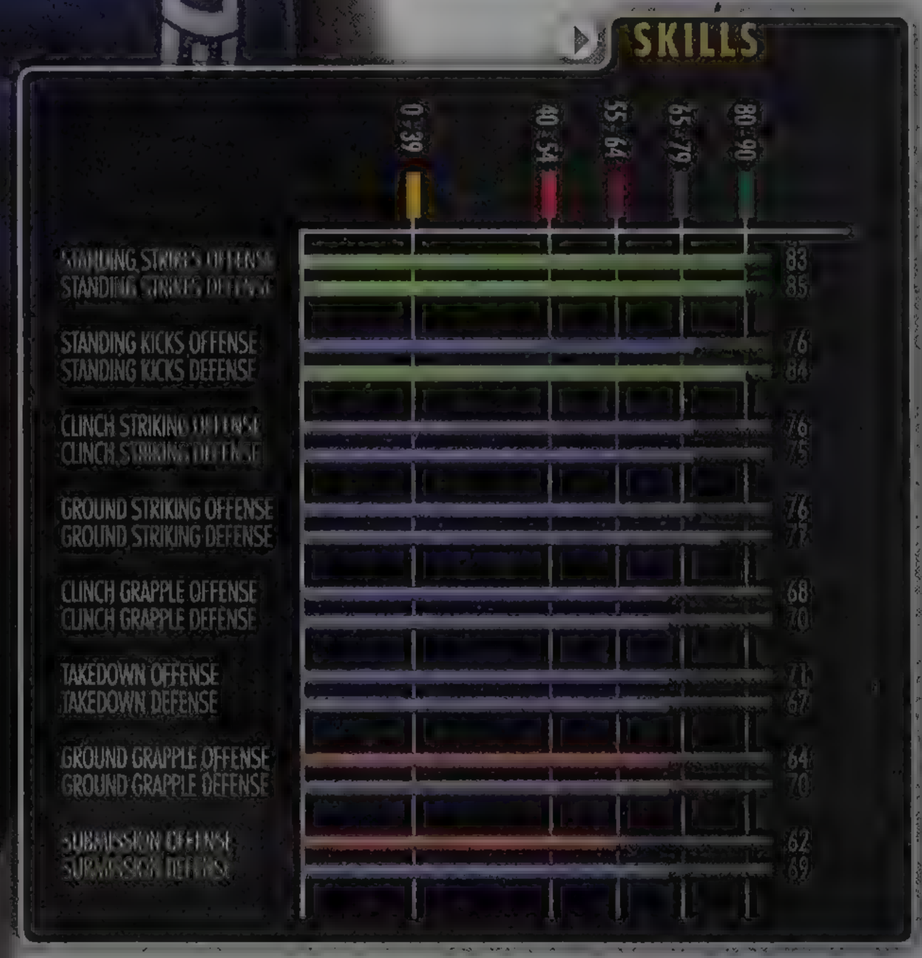
OVERALL> 22-12-1-0

UFC> 7-6-1-0

ATTRIBUTES



SKILLS



PLAYSTATION 3 EXCLUSIVE

Jens Pulver is initially available exclusively to the PlayStation 3 version of UFC 2010 Undisputed.

IN THE OCTAGON

While Pulver's kicks aren't truly elite, they are still quite good. Use them to weaken the legs of opponents to compensate for Pulver's weak takedown defense.

Jens Pulver has amazing natural speed and tremendous standing striking offense, although his lack of strength keeps him from being as much of a knockout threat as he could be. He's generally a strong standing fighter, and he's not too shabby in the clinch either.

Pulver's defense is better than his offense in most categories, and he's defensively strongest where he's strongest offensively: in standing situations. Things get a bit dicey on the ground, although his defensive abilities are at least average in every situation.

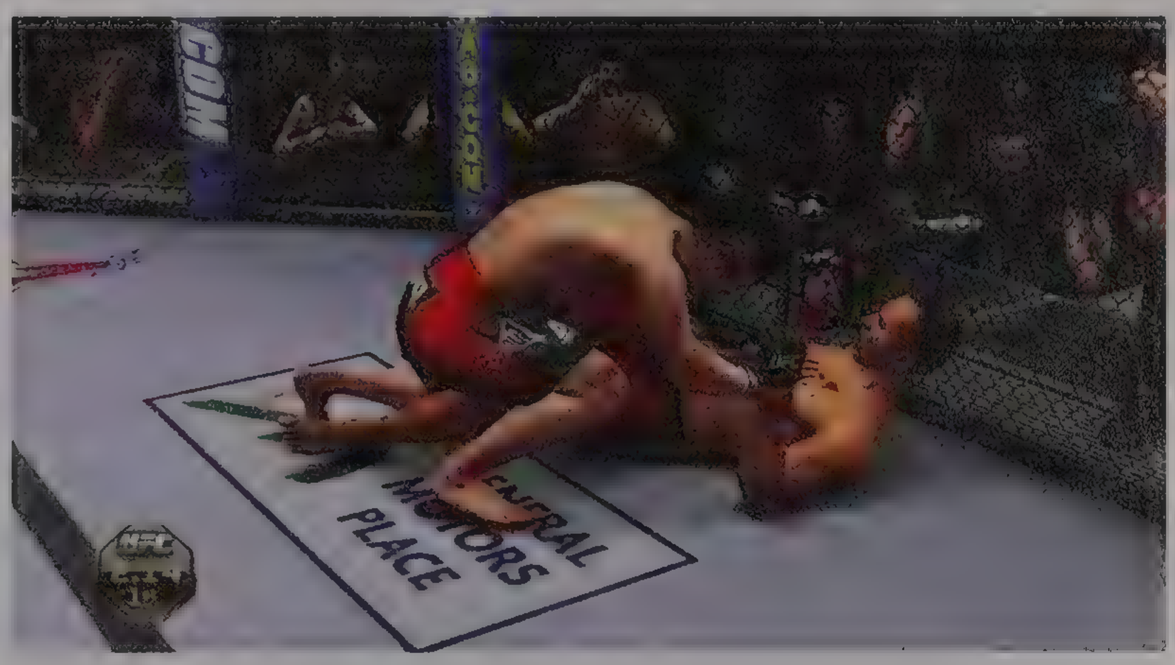
ON YOUR FEET

Pulver is at his most dangerous when he's able to stand at striking distance and let his fists fly. His incredible speed and striking skill helps him penetrate his opponent's defenses and counter-strike effectively. While his kicks aren't particularly impressive, his defense against them is very good.

Use sways and counter-punches to keep opponents guessing. Stay on the move and remain unpredictable so you're more difficult to take to the ground.

TO THE MAT

If the fight goes to the ground, Pulver is in trouble. He lacks huge stamina reserves, and his ground offensive skills, except striking, are below average. He does have at least average defense on the ground, but that should only be used to buy him time to get back to his feet, not to actually engage on the ground.



Look for any reversal opportunities to obtain a dominant position and immediately go back to your feet.

TAKING THE FIGHT TO PULVER

If you take Pulver off of his feet, you can neutralize his best offensive skills and force him to work harder than his conditioning allows. There is little to fear from him offensively on the ground, and he lacks strong submission defense—although he can take a ground strike pounding and come back for more.

Don't give Pulver the opportunity to counter-punch and slowly maneuver him into a corner where he can't escape, then take him to the ground through your fighter's most reliable means.

SEAN SHERK

"THE MUSCLE SHARK"

Sean Sherk started his MMA career as a welterweight in 1999, amassing a stunning 29-1-1 record on the independent MMA circuit, with occasional UFC appearances (his only loss was against Matt Hughes at UFC 42). Sherk signed with the UFC in 2005 and appeared at UFC 56 against Georges St-Pierre, suffering only the second loss of his career to that point.

At UFC 64, Sherk made his Lightweight Division debut and defeated Kenny Florian via unanimous decision for the UFC Lightweight Championship. He successfully defended it at UFC 73 but was subsequently stripped of it. He attempted to reclaim it from BJ Penn at UFC 84 but lost via TKO in the third round. He bounced back with a win over Tyson Griffin at UFC 90 but suffered his fourth career loss against Frankie Edgar at UFC 98.

STATISTICS

AGE> 36

BIRTHDATE> 8/5/73

WEIGHT> 170/155 lbs.

HEIGHT> 5'6"

REACH> 67"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Minneapolis, MN

FIGHTING OUT OF
Oak Grove, MN

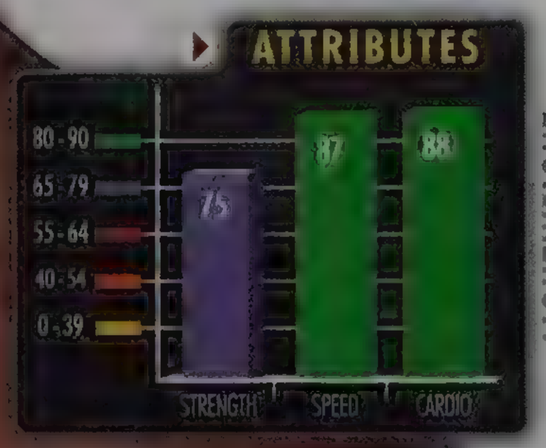
FIGHT CAMP
Minnesota Martial Arts Academy

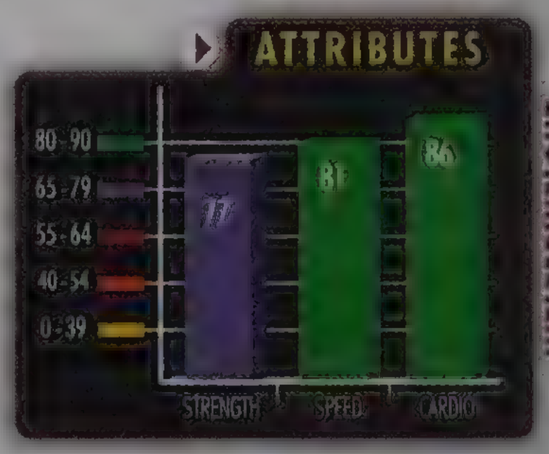
TRAINER
Greg Nelson

RECORD

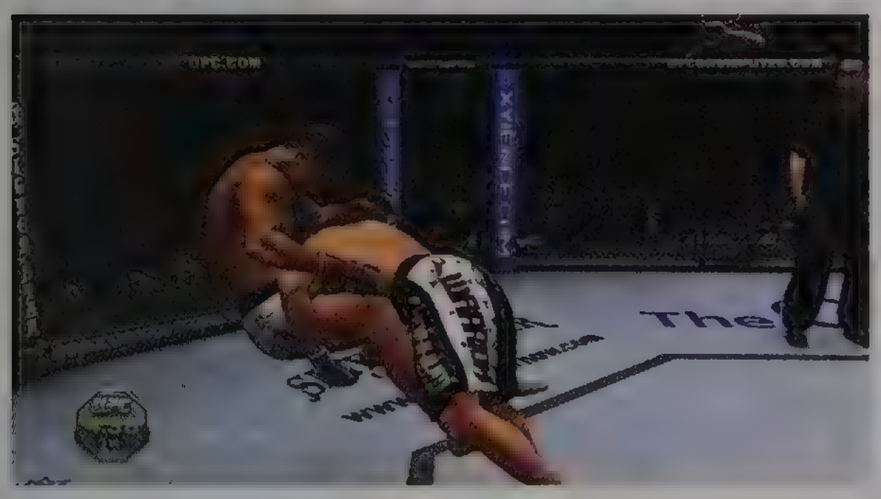
OVERALL> 33-4-1-0

UFC> 7-4-0-0





IN THE OCTAGON



Sherk is a strong defensive fighter who can do major damage in a boxing match or on the ground.

You don't need to change your general strategy between weight classes, but be aware that Sherk is generally a much better fighter as a lightweight. He has good striking with an excellent ground and pound offense. His takedown skills are off the chart, but he lacks significant ground grappling skills. Still, if he manages to get into a dominant position, he can do some serious damage with his ground strikes.

Defensively, Sherk is slightly above average on the ground and against clinch grapples, but his defense in every other situation is impeccable. With his outstanding cardio, the longer the fight goes on, the better his odds of victory become.

ON YOUR FEET

When fighting an opponent who is weaker on his feet than on the ground, keep the fight standing and use Sherk's speed and standing strike offense to pick apart the opponent. Don't look for the knockout. Instead, focus on keeping the pressure on and doing damage. Remember that Sherk's cardio will keep him fresh throughout the fight, and if it goes to a decision, staying on offense will pay dividends on the judges' scorecards.

Sherk has great speed (especially as a lightweight) that he can use to stay aggressive or work as a counter-fighter. His strength is above-average compared to most lightweights, so most trades will favor him.

TO THE MAT

When facing opponents who lacks ground skills, use Sherk's outstanding takedown skills to take the fight to the mat. (Sherk also has outstanding takedown defense, which helps him to keep the fight standing if necessary.) Sherk has trouble advancing his position due to limited ground grapple skill, but you need to get into a dominant position and unload with ground strikes to do the most damage on the ground.

As long as Sherk is on top of his opponent or has his opponent's back, he can deal good damage. Posture up when possible rather than transitioning too often. Look for reversals to advance your position.

TAKING THE FIGHT TO SHERK

Fighters who can take the fight to the clinch or throw to the ground well from the clinch fare well against Sherk.

You can't afford to play a waiting game with Sherk for two reasons. First, his cardio is probably much better than yours, so he'll look better at the end of the fight than you will. Second, his speed is so good (especially as a lightweight) that you can't let him dictate the pace of the fight.

Be aware of Sherk's strengths (takedowns, ground striking, and standing strikes) and be prepared to neutralize them. Because his defense is universally good, attack him with the methods where you are strongest and keep the pressure on him. If the fight goes to a decision, you will probably lose. Sherk is 5-2 in fights that go to a decision but only 2-2 in fights that end before the bell.

DENNIS SIVER

Dennis Siver first came to the UFC in April 2007 and lost his debut fight at UFC 70 via first-round submission. After a rocky early start, he returned to the UFC at UFC 93 and won his return fight with a third-round TKO.

Thus far, his second UFC run has been the exact opposite of his first one, as he has posted a 3-1 record. Two of his wins have come by TKO, and the third was a first round submission win.

STATISTICS

AGE>	31
BIRTHDATE>	1/13/79
WEIGHT>	155 lbs.
HEIGHT>	5'7"
REACH>	70"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Omsk, Russia

FIGHTING OUT OF
Monaheim, Germany

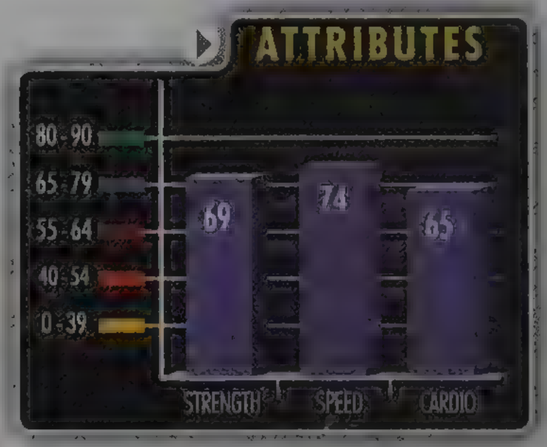
FIGHT CAMP
Xtreme Team

TRAINER

RECORD

OVERALL>	15-6-0-0
UFC>	4-3-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Look for a KO or TKO early in the fight through standing punches and kicks. Only take the fight to the ground when his punches or kicks put the opponent there.

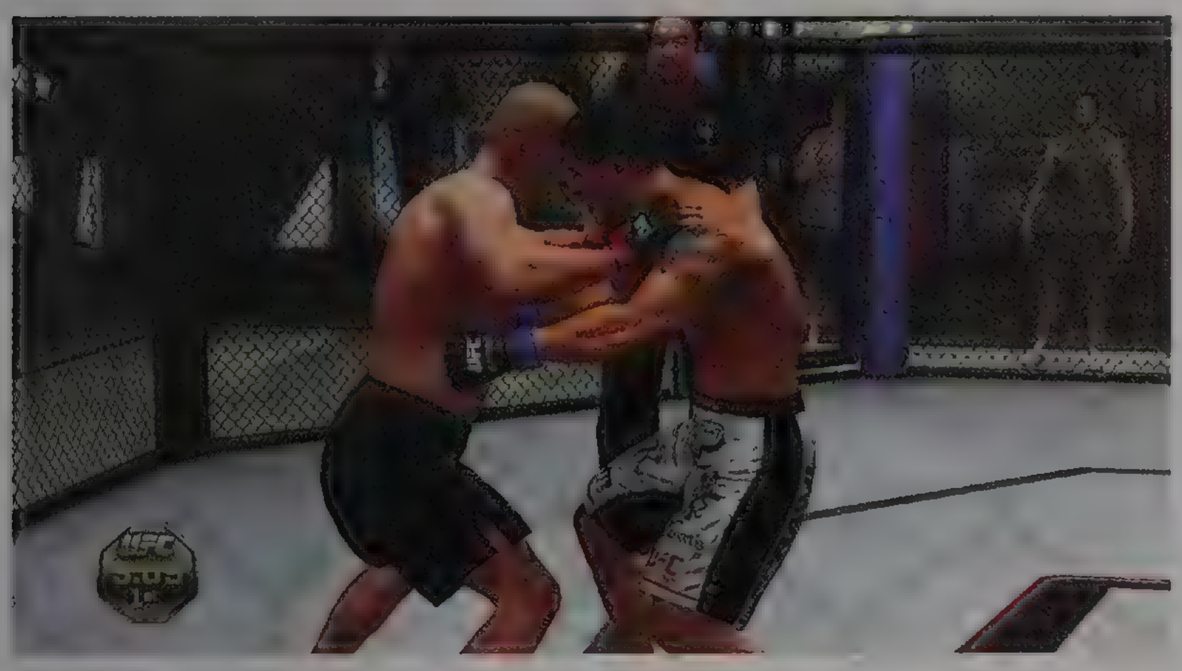
Dennis Siver has decent speed, but he lacks cardio, which makes it difficult for him to retain stamina throughout the fight and win a decision. His best offensive tools are his standing strikes and kicks, and he has some skill with clinch and ground strikes as well.

Defensively, Siver has a hard time preventing opponents from transitioning against him. His clinch grapple skills are substandard, and his ground grapple skills are extremely lackluster. He has good takedown defense, and he's defensively solid when in a standing position.

ON YOUR FEET

When fighting as Siver, keep the fight standing as much as possible. Not only is this the position where Siver can do the most damage, it's also where his defensive skills are strongest. He lacks the strength to be a one-punch knockout artist, but his speed gives him to potential to time his strikes carefully and rock an opponent.

Always be careful of an opponent looking to clinch. Most ground fighters will be looking to clinch throw Siver, so keep them out with punches and kicks as much as possible.



TO THE MAT

Siver is practically helpless on the ground, so don't let the fight stay there. His takedown defense is solid, but his clinch grapple defense is weak, making him vulnerable to throws. With his extremely low ground grapple skills, opponents can transition against him virtually at will, and his average ground striking and submission defense won't keep him in the fight for long against an opponent who takes a dominant position.

Unless you're looking to finish a fight with ground and pound against a downed opponent, get the fight back to standing. Look to reverse any transitions if you're in a disadvantaged position.

TAKING THE FIGHT TO SIVER

The easiest way to beat Siver is to take him to the ground with a throw, establish a dominant position and put him away with strikes or a submission. For a skilled ground fighter, this is not difficult. Strong, skilled strikers can also stand with Siver and get the better of him. Although he's stronger offensively and defensively on his feet, he's far from dominant or invincible, so don't be afraid to stand and strike with him if that's where your strengths lie.

Ground fighters who can clinch throw or get a well-timed takedown will not have much difficulty putting him away. On the ground, limit his reversal opportunities and he'll have a tough time escaping.

JOE STEVENSON
"DADDY"

Since becoming the welterweight Ultimate Fighter of the series' second season, Joe Stevenson dropped down to the UFC Lightweight Division, where he's gone 5-3 in fights against the cream of the division, including BJ Penn, Kenny Florian, and Diego Sanchez.

His headlining fight against Sanchez at UFC 95 ended in a loss by unanimous decision, but his performance helped the match earn Fight of the Night honors. Since then, Stevenson has defeated Nate Diaz and Spencer Fisher, but he suffered a unanimous decision loss at UFC 110.

STATISTICS

AGE>	27
BIRTHDATE>	6/15/82
WEIGHT>	155 lbs.
HEIGHT>	5'7"
REACH>	70"
STANCE>	Orthodox

NATIONALITY

HOMETOWN
Torrance, CA

FIGHTING OUT OF
Victorville, CA

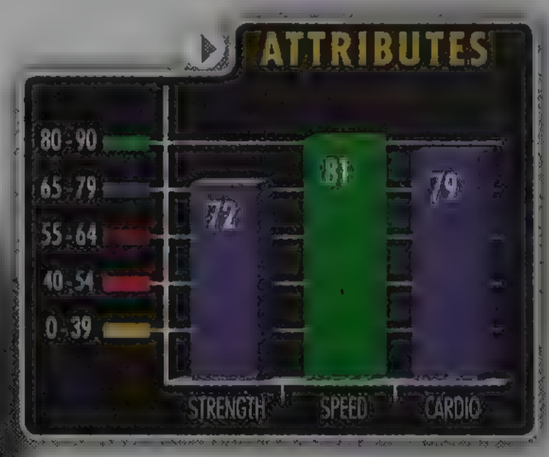
FIGHT CAMP
Greg Jackson's Gym

TRAINER
Greg Jackson

RECORD

OVERALL>	36-11-0-0
UFC>	8-5-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Stevenson can always take the fight to the mat in a hurry if things aren't going well. He's a slightly better fighter on the ground.

Stevenson is a quick fighter with great cardio who does his best work on the ground. His takedown offense is excellent, and although he lacks remarkable ground grapple skill, he has good submission skills and stellar ground striking. His speed and standing strikes skill makes him a threat in a standing situation as well.

On defense, Stevenson is generally average, although he has good standing strikes defense and is good against submissions and takedown attempts. His great speed and cardio can also be used defensively to good effect.

ON YOUR FEET

Stevenson lacks the strength and skill to be a truly effective standing striker, and his defense is mediocre against kicks and in the clinch, but he's fast enough to counter an opponent's kicks and turn them into takedowns. That doesn't mean that you shouldn't let your hands fly when your opponent leaves you an opening, though—Stevenson is capable of letting an unskilled striker or slow fighter pay for dropping his guard.

Stevenson is somewhat vulnerable to clinch throws, so stay at a distance and don't let opponents close on you.

TO THE MAT

Stevenson has great takedown offense, and with his speed he's capable of countering kicks into takedowns as well. He lacks serious ground grapple skills, but his ground strikes are dangerous, and he's no slouch in the submissions department either. With his robust cardio, you can force most opponents to work on the ground to tire them out much faster than Stevenson.

Stevenson has trouble transitioning against most opponents, but his grappling defense is better. This means you should work for strikes from whatever position and let his defense work against his opponent's escape attempts.

TAKING THE FIGHT TO STEVENSON

Stevenson is particularly weak in the clinch. Fighters with any decent clinch game should take the fight there and keep it there.

Stevenson is capable of taking down many fighters at will. His speed is a threat, and his cardio keeps him fresh throughout a fight. When it comes right down to it, unless he's able to get into a dominant ground position and submit his opponent, he's not a threat to finish a fight. Keep the fight standing as much as possible. Out-grapple him on the ground, and fight to finish him, rather than letting it go to a judges' decision.

CAOL UNO

"UNO SHOTEN"

An icon of Japanese MMA, Caol Uno's first UFC appearance came at UFC 30, when he suffered a decision loss to UFC Lightweight Champion Jens Pulver. In seven fights, he earned three wins, three losses and a draw at UFC 41 against BJ Penn for the vacant UFC Lightweight Championship.

After a knockout loss to Hermes Franca at UFC 44, Uno took a six year break from the UFC. He returned at UFC 99, where he suffered a unanimous decision loss to Spencer Fisher. His next fight at UFC 106 ended in a draw, and his next fight resulted in a first round TKO loss, but he expects to make a strong comeback in the future.

STATISTICS

AGE>	35
BIRTHDATE>	5/8/75
WEIGHT>	155 lbs.
HEIGHT>	5'7"
REACH>	70"
STANCE>	Southpaw

NATIONALITY

HOMETOWN
Kanagawa, Japan

FIGHTING OUT OF
Kanagawa, Japan

FIGHT CAMP
Yoshida Dojo

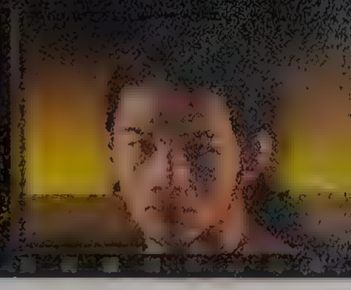
TRAINER

RECORD

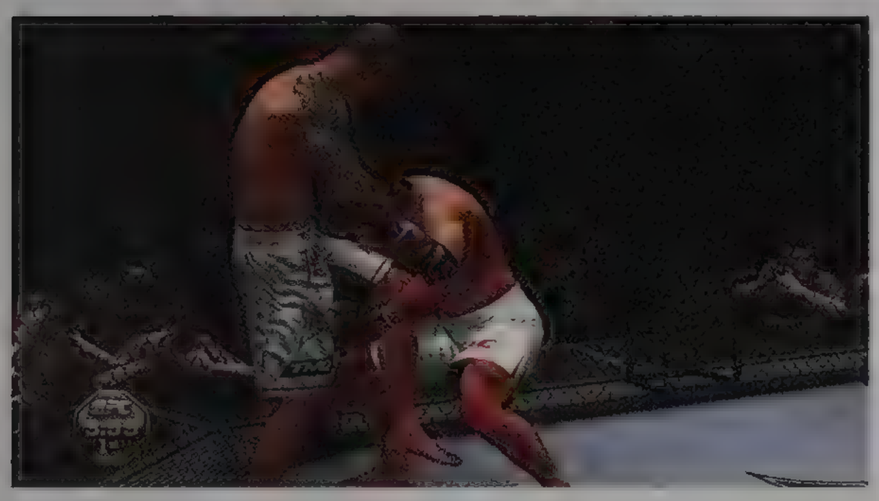
OVERALL>	27-12-5-0
UFC>	3-5-2-0

ATTRIBUTES

SKILLS



IN THE OCTAGON



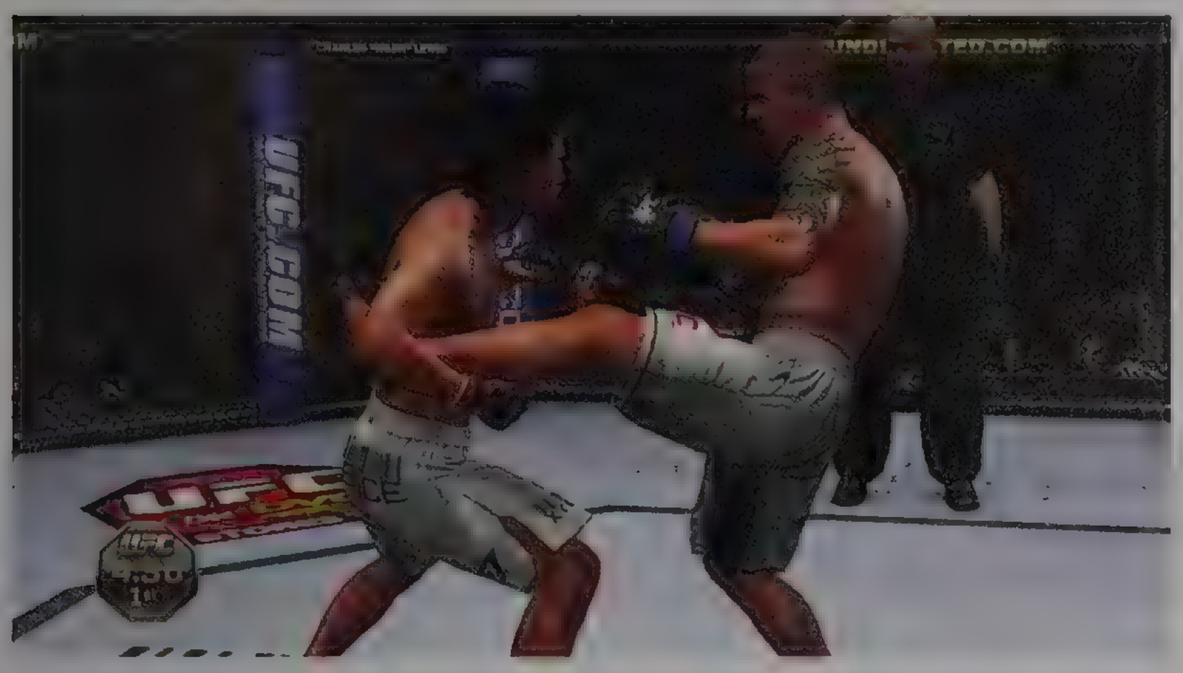
Without any dominating offense or defense, look to exploit any weaknesses in the opponent's game.

Caol Uno is a well-rounded fighter with low strength and above average speed and cardio. He is a skilled ground grappler, and combined with his high cardio, he can wear down opponents by making them work on the ground. His submission offense is slightly above average as well.

Defensively, Uno is generally strong against strikes, particularly in a standing position or on the ground. He struggles to resist takedowns, but he is able to turn a disadvantaged position to his advantage on the ground with his grappling skill.

ON YOUR FEET

With his lack of strength and average skill, Uno is not much of a standing striker. His defense is stronger than his offense, however, so use his speed to counter an opponent's strikes and execute a takedown.



Fight on your feet against strong ground fighters. Use kicks to weaken their legs and look to counter any takedown or clinch attempts as it will not be difficult to take Uno down otherwise.

TO THE MAT

By virtue of his strong ground grapple offense, the ground is where Uno has his best chance of winning a fight. His submission offense isn't much above average, but it's better than his weak ground striking. In most fights, you should take advantage of Uno's high cardio and ground grappling skill to earn points and win the decision, only going for the submission once your opponent is sufficiently weakened.

Work in mixed up ground strikes when possible and keep your transitions unpredictable. Be on point reversing any transitions as Uno's grapple defense is low.

TAKING THE FIGHT TO UNO

Uno lacks finishing ability, and he's not much of a threat to finish a fight with his weak striking power and only slightly better than average submission skills. While he is strongest defensively against strikes, he's not by any means invincible. Attack him in ways that play to your strengths, and fight to finish him instead of letting it go to a decision.

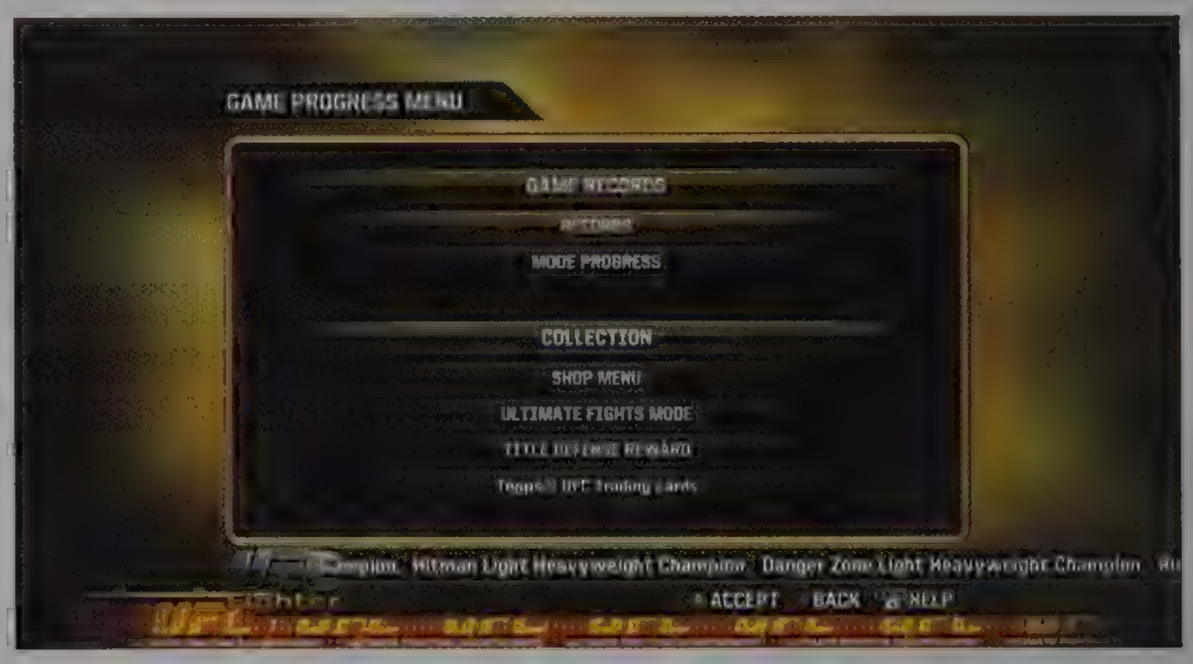
Uno will have trouble dictating the pace of the match and keeping it where he wants it. Take the fight where your fighter is best, as Uno lacks any strong skills outside of his ground grapple offense.

ACHIEVEMENTS, TROPHIES AND SECRETS

From hidden fighters to trading cards, there's more to *UFC 2010 Undisputed* than meets the eye. Here's how to get the goods.

GAME PROGRESS MENU

The Game Progress Menu is accessible from the main menu and contains four different categories of collections:



Shop Menu — Purchase new items for created fighters with points earned during Career Mode.

Ultimate Fights Mode — View movies and media unlocked in Ultimate Fights Mode (see the "Ultimate Fights Mode" section of this guide for more information).

Title Defense Reward — There are 36 different match rewards and 44 different class rewards to unlock in this collection. Highlight one and press Ⓐ/Ⓧ to view the unlock conditions. The letter grade next to the name of the reward indicates the difficulty of unlocking it.

Topps UFC Trading Cards — View the Topps UFC Trading Cards that you have unlocked so far. There are 84 in all.

UNLOCKABLE FIGHTERS

There are five fighters that you can unlock in the Xbox 360 and PlayStation 3 versions of *UFC 2010: Undisputed*. Three of them can also be unlocked in the PSP version as well. They are unlocked by entering a sequence of commands at the main menu.

FIGHTER	X360 UNLOCK CODE	PS3/PSP UNLOCK CODE	AVAILABLE IN
BJ PENN (BLACK TRUNKS)	LB, RB, LT, RT, RT, LT, RB, LB, Y, X, X, Y, ↓	L1, R1, L2, R2, R2, L2, R1, L1, △, ○, ○, △, ↓	X360 AND PS3 ONLY
SHAQUILLE O'NEAL	↓, ↑, ←, ↓, ↓, ←, ↑, ↓, ↓, ←, X, Y, Y, X, ↓	↓, ↑, ←, ↓, ↓, ←, ↑, ↓, ↓, ←, □, △, △, □, ↓	X360 AND PS3 ONLY
TAPOUT CHARACTERS (MASK, PUNKASS, SKYSKRAPE)	↓, ↓, ↑, ↓, ←, ↓, ↓, ↓	↓, ↓, ↑, ↓, ←, ↓, SELECT, ↓	ALL VERSIONS

BJ PENN (BLACK TRUNKS)

Other than the alternate attire, this version of BJ Penn is identical to the default version and appears as a fighter in the lightweight and welterweight weight classes. Refer to his fighter entry earlier in this guide for strategy.

BJ Penn in black trunks has all of the same attributes and skills as the default version.

ACHIEVEMENTS AND TROPHIES

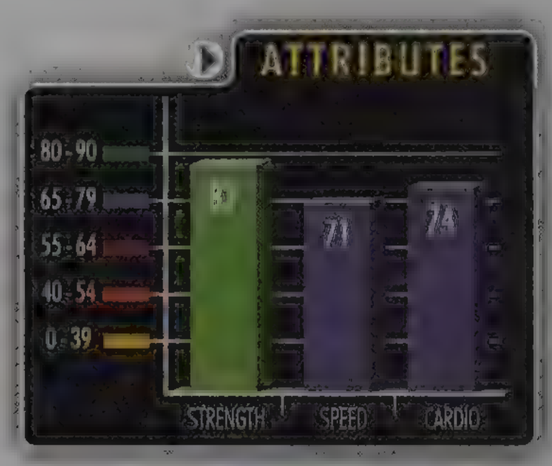
The following Achievements (X360) and Trophies (PS3) are available for unlocking:

ACHIEVEMENT/TROPHY	DESCRIPTION	PS3 TROPHY CATEGORY	360 POINTS	NOTES	ONLINE/ OFFLINE/BOTH
PLATINUM	CONGRATULATIONS!	PLATINUM	N/A	ACQUIRE ALL THE TROPHIES(ONLY FOR PS3)	BOTH
PUPPETEER	CREATE A FIGHTER IN CREATE A FIGHTER	BRONZE	10	—	OFFLINE
PUPPETMASTER	WIN A FIGHT AGAINST THE CPU WITH A FIGHTER YOU'VE CREATED IN CREATE A FIGHTER	BRONZE	15	—	BOTH
AS REAL AS IT GETS	EXPERIENCE AN ENTIRE 8 FIGHT EVENT CARD IN EVENT MODE.	BRONZE	20	YOU CANNOT SKIP A MATCH, BUT IT DOESN'T MATTER IF YOU WIN OR LOSE EACH MATCH, WHAT DIFFICULTY LEVEL YOU PLAY AT OR WHETHER PLAYERS OR COM FIGHTERS PLAY THROUGH THE EVENTS.	OFFLINE
WHITE BELT	WIN 10 ONLINE EXHIBITION MATCHES IN TOTAL	BRONZE	15	—	ONLINE
BABY STEPS	WIN AN ONLINE EXHIBITION RANKED MATCH	BRONZE	10	—	ONLINE
HOT HANDS	WIN 10 ONLINE EXHIBITION RANKED MATCHES CONSECUTIVELY	SILVER	30	—	ONLINE
OLYMPIC MIXED MARTIAL ARTIST	ONLINE EXHIBITION - OBTAIN ALL TYPES OF GOLD MEDALS	SILVER	20	—	ONLINE
WARRIORS, COME OUT AND PLAY	JOIN AN ONLINE CAMP	BRONZE	10	—	ONLINE
UNDER YOUR WING	ACT AS A TRAINER IN ONLINE CAMP TRAINING	BRONZE	15	—	ONLINE
HALL OF FAMER	GET INTO THE HALL OF FAME IN CAREER MODE	GOLD	50	—	OFFLINE
SO NOW YOU'RE A FIGHTER	COMPLETE THE CAREER MODE	GOLD	150	—	OFFLINE
GOTTA CATCH 'EM ALL	COLLECT ALL TOPPS® UFC TRADING CARDS	SILVER	30	—	BOTH
SUBMISSION TECHNICIAN	WIN A FIGHT BY SUBMISSION SWITCHING	BRONZE	20	WIN A FIGHT BY CONSECUTIVE SUBMISSIONS	BOTH
IT SLICES, IT DICES	IS THERE A DOCTOR IN THE STADIUM!?	BRONZE	15	WIN A FIGHT BY DOCTOR STOPPAGE	BOTH
IT'S THE JITS!	WIN A FIGHT BY SUBMISSION AGAINST A NON-CAF, EXPERT CPU IN THE FIRST 60 SECONDS OF ROUND 1.	BRONZE	15	YOU MUST DO THIS WITHIN 60 SECONDS OF GAME TIME, WHICH IS 30 SECONDS OF REAL TIME	OFFLINE
STEAMROLLER	WIN A FIGHT BY KO/TKO AGAINST A NON-CAF, EXPERT CPU IN THE FIRST 60 SECONDS OF ROUND 1.	BRONZE	15	YOU MUST DO THIS WITHIN 60 SECONDS OF GAME TIME, WHICH IS 30 SECONDS OF REAL TIME	OFFLINE
KAY. TEE. EFF. OH!	WIN A FIGHT BY FLASH KO AGAINST A NON-CAF CPU OPPONENT.	BRONZE	15	—	BOTH
VETERAN CHAMPION	COMPLETE THE TITLE DEFENSE MODE	SILVER	50	—	OFFLINE
BUDDING CHAMPION	COMPLETE THE TITLE MODE	SILVER	50	—	OFFLINE
LEARNED STUDENT	GO THROUGH ALL TUTORIALS	BRONZE	20	—	BOTH
TOURNAMENT TITLE HOLDER	WIN AT LEAST ONE CHAMPIONSHIP IN THE TOURNAMENT MODE	BRONZE	15	—	OFFLINE
TESTING THE WATERS	PLAY ALL MODES AT LEAST ONCE, CHECK THE SHOP AND ALL OPTIONS	BRONZE	20	"THE FOLLOWING ARE THE MODES THAT YOU NEED TO PLAY AND THE MINIMUM LENGTH OF TIME THAT YOU NEED TO PLAY EACH: EXHIBITION (BEGINNING OF MATCH), TITLE MODE (BEGINNING OF MATCH), TITLE DEFENSE MODE (BEGINNING OF MATCH), TOURNAMENT MODE(BEGINNING OF TOURNAMENT), ULTIMATE FIGHT MODE (BEGINNING OF MATCH), CAREER MODE (NEW CAREER SELECTION), EVENT MODE (BEGINNING OF EVENT), ONLINE/XBOX LIVE EXHIBITION (BEGINNING OF MATCH), CREATE A FIGHTER (WHEN FIGHTER IS SAVED), TUTORIAL: PRACTICE (BEGINNING OF TUTORIAL), TUTORIAL: GUIDE MODE (BEGINNING OF TUTORIAL), GAME PROGRESS (MENU SELECTION), OPTION (MENU SELECTION)"	BOTH
HONORABLE FIGHTER	TOUCH GLOVES AT THE BEGINNING OF 10 MATCHES.	BRONZE	20	YOU MUST INITIATE THE GLOVE TOUCH, AND YOU ONLY GET CREDIT FOR ONE GLOVE TOUCH PER MATCH, EVEN IF YOU DO IT AT THE BEGINNING OF MORE THAN ONE ROUND.	ONLINE
COCKY S.O.B.	NO RESPECT FOR YOUR OPPONENT.	BRONZE	10	PERFORM FIVE UNINTERRUPTED TAUNTS IN A SINGLE MATCH.	BOTH
ULTIMATE UNLOCKS	"COMPLETE ALL A, B, AND C CLASS CHALLENGES (RED AND BLUE CORNER) IN A FIGHT IN ULTIMATE FIGHTS MODE."	SILVER	50	YOU MUST CLEAR ALL OF THE CHALLENGES FOR EACH FIGHTER (RED CORNER AND BLUE CORNER). YOU DON'T HAVE TO ACCOMPLISH ALL OF THEM IN A SINGLE PLAY-THROUGH OF THE MATCH, SO YOU CAN GO BACK AND PLAY THROUGH IT AGAIN TO COMPLETE CHALLENGES THAT YOU DID NOT COMPLETE PREVIOUSLY.	BOTH
POUND FOR POUND CHAMP	WIN A CHAMPION VS. CHAMPION FIGHT IN CAREER MODE	GOLD	50	—	BOTH
YELLOW BELT	WIN 25 ONLINE RANKED MATCHES	SILVER	20	—	ONLINE
PURPLE BELT	WIN 50 ONLINE RANKED MATCHES	SILVER	30	—	ONLINE
BROWN BELT	WIN 75 ONLINE RANKED MATCHES	SILVER	40	—	ONLINE
BLACK BELT	WIN 100 ONLINE RANKED MATCHES	GOLD	50	—	ONLINE
COMING UP NEXT...	DOWNLOAD AN EVENT FOR EVENT MODE	BRONZE	10	DOWNLOAD AN EVENT FOR EVENT MODE	ONLINE
FIGHTING WITH PRIDE	NOW YOU'RE DIRTY BOXING WITH PRIDE!	BRONZE	15	THROW 10 PUNCHES AGAINST EACH OTHER WITHIN 7 SECONDS (REAL TIME) WHILE IN A SINGLE COLLAR TIE (JUST LIKE DON FRYE AND TAKAYAMA!)	BOTH
THE CESSATION SENSATION!	WIN BY ALL METHODS OF STOPPAGE AGAINST THE CPU. (KO, TKO, SUBMISSION, DOCTOR STOPPAGE)	SILVER	25	—	BOTH
BOBBIN' AND WEAVIN'	DODGE 3 CONSECUTIVE STRIKES VIA SWAY	SILVER	30	—	BOTH
BLOG FODDER	COMPLETE A POST-FIGHT INTERVIEW IN CAREER MODE	BRONZE	15	—	OFFLINE
MOVE MASTERY	REACH "WORLD CLASS" (LEVEL 3) STATUS WITH A TECHNIQUE OR MOVE.	SILVER	25	—	OFFLINE

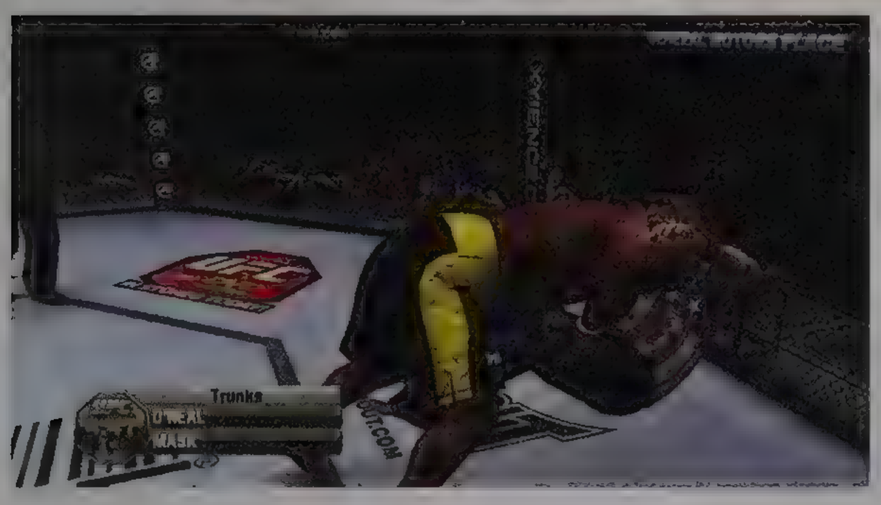
SHAQUILLE O'NEAL
"DIESEL"

NBA legend, rapper, and actor Shaquille O'Neal has accomplished many things in his career. He began his career as 1992's first overall draft pick. He was the 1992-93 rookie of the year, and he has led two different teams to a total of four NBA championships in 2000, 2001, 2002, and 2006. He has been selected for 15 All-Star games, won the All-Star MVP three times, and has been Finals MVP three times as well. He also has a platinum album to his credit.

Shaq has also been training in MMA for ten years, specializing in boxing, Jiu-Jitsu, Muay Thai, and wrestling. He is known around the gym as "Diesel."



IN THE OCTAGON



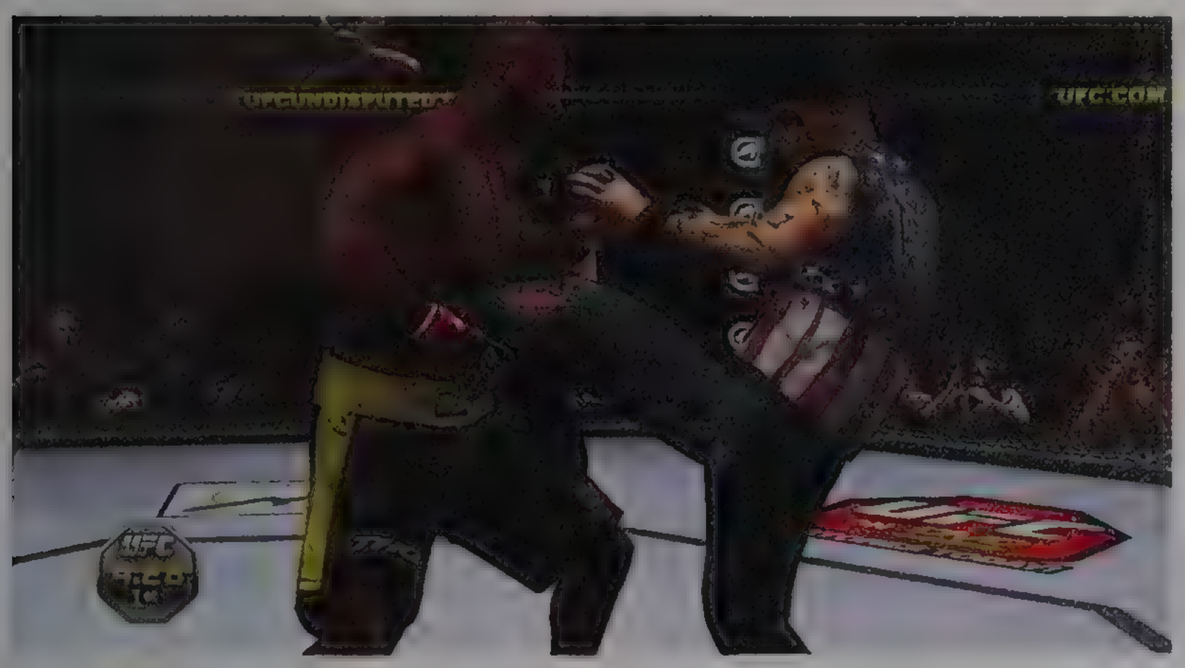
Hope for a takedown so that you can try to control the pace of the fight on the ground.

Shaquille O'Neal is a physically gifted fighter whose well-rounded skill set is impressive for an amateur MMA fighter but isn't enough to cut it in the UFC. With his great natural strength and long reach, ground and pound is his best offensive tactic except against submission specialists, even though his striking skill (like all of his offensive skills) is well below what would be considered average in the UFC.

Shaq has decent cardio, which gives him an added boost of energy in fights. His defense is universally below average, but his best defensive skills are against submissions and takedowns.

ON YOUR FEET

Shaq's standing game isn't significantly better than his ground game, but in either case, he lacks the necessary skill to compete in the UFC. His best offensive skills are standing and clinch strikes, and his standing defense is no worse than his other defensive skills.



Don't try to trade blows as Shaq, as anyone in the UFC is a better striker.

TO THE MAT

Shaq's cardio helps him stay active on the ground, but his offensive and defensive ground skills aren't impressive by UFC standards. His strength gives him the ability to be an effective ground striker, but his ground grapple offense and takedown offense are so low that it's difficult for him to get into a position where he can use it effectively.

Focus on ground and pound while looking to reverse any transitions. Keep your energy high as even the worst submission fighters could be a threat.

TAKING THE FIGHT TO SHAQ

Avoid letting Shaq unleash ground and pound on you, and you should easily outclass him in any situation.

Shaq is strong, but his speed is only average, and his cardio is slightly better than that. His skills are all significantly below UFC average, so go after him with your strongest techniques, and you should have no trouble defeating him.

MASK

Mask and good friend Punkass began selling what would become the TapouT brand of MMA gear from the back of their car in 1997. It quickly became a multimillion dollar business. Mask, Punkass, and another good friend and partner, Skyskrape, also starred in the MMA reality series, TapouT.

Mask tragically died in an automobile accident in March of 2009 and was posthumously inducted into the UFC Hall of Fame at UFC 100. He is the first and only non-fighter to ever be given that honor.

STATISTICS

1963-2009

WEIGHT> 205 lbs.

HEIGHT> 6'0"

REACH> 73"

STANCE> Orthodox

NATIONALITY

HOMETOWN
Los Angeles, CA

FIGHTING OUT OF
Los Angeles, CA

TRAINING CAMP
Tapout Training Center

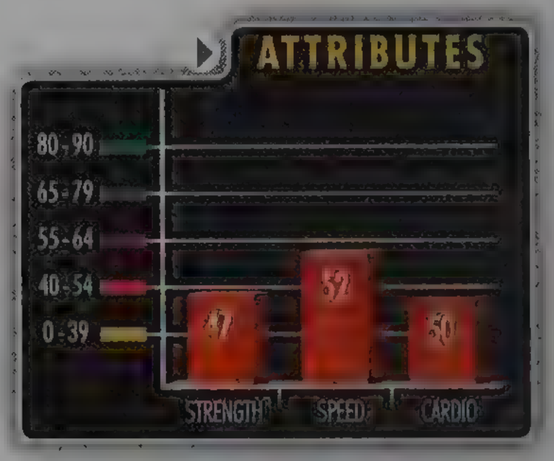
TRAINER
—

RECORD

PRO> 0-0-0-0

UFC> 0-0-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

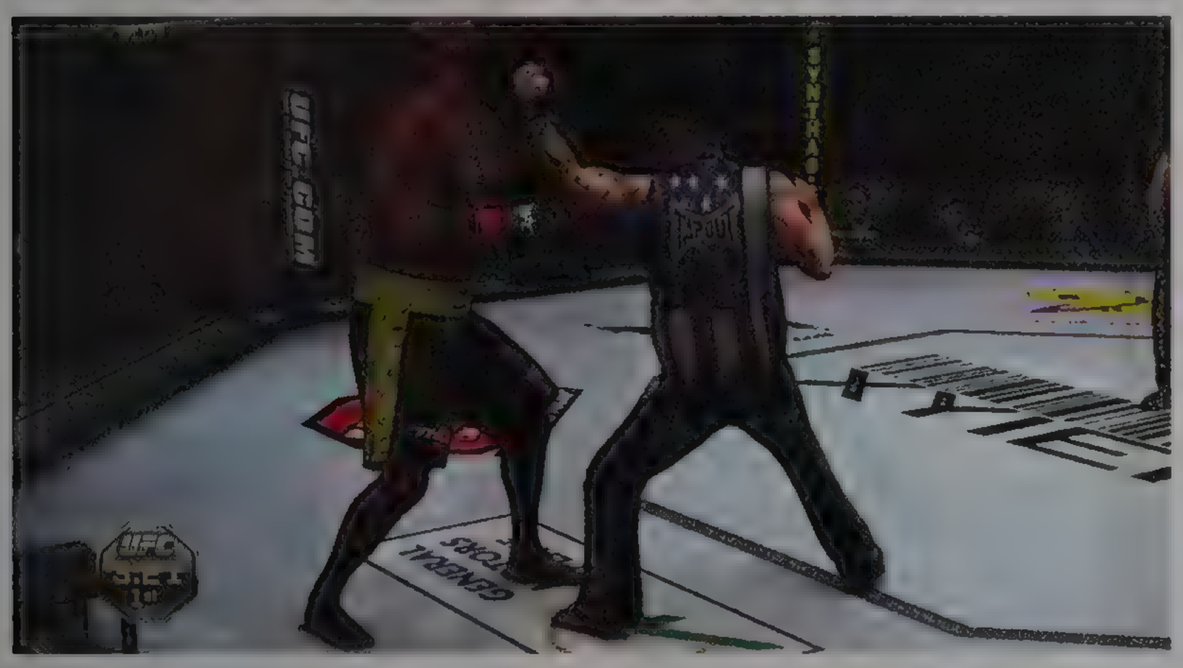
Look to stay on the offensive with Mask. His striking skills are decent across the board, but his defenses are weak.

Mask's physical attributes are considerably below what would be considered average for a UFC fighter, but for an amateur, he has impressive striking offense on the ground, in the clinch and in standing positions.

Defensively, Mask is weak in all areas, although he has respectable standing strikes defense. However, it's still below average by UFC standards.

ON YOUR FEET

Mask's best chance for victory comes when the fight remains standing. He's strongest offensively and defensively when it comes to standing strikes. However, don't expect him to be able to hang with a legitimate UFC professional for long. You must pick your shots carefully as Mask will gas himself fairly easy with his low cardio.



TO THE MAT

Mask's skills are far below average across the board, but he's particularly weak on the ground, both offensively and defensively. He also lacks cardio, which means he gets tired very quickly.

Mask's ground and pound can do decent damage if he can manage to stay in a dominant position and can manage to reverse a majority of transitions.

TAKING THE FIGHT TO MASK

Mask is not a UFC fighter, so don't expect the same quality fight as one.

Although Mask has impressive skills for an MMA amateur, he's simply not in a true UFC fighter's league. Play to your strengths, and you won't have any trouble beating him.

PUNKASS

STATISTICS

AGE>	31
BIRTHDATE>	6/6/78
WEIGHT>	155 lbs.
HEIGHT>	5'9"
REACH>	74"
STANCE>	Orthodox

NATIONALITY

HOMETOWN

FIGHTING OUT OF

FIGHT CAMP>
Tapout Training Center

TRAINER>

RECORD

OVERALL>	0-0-0-0
UFC>	0-0-0-0

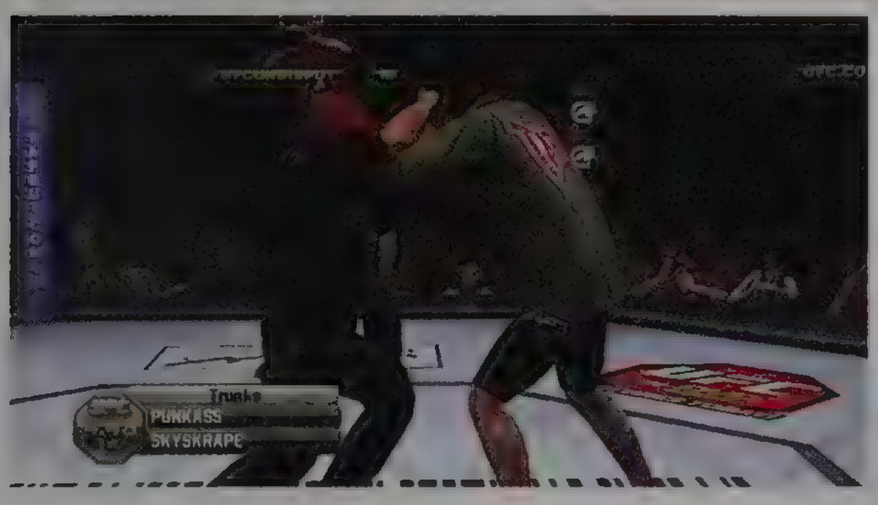
ATTRIBUTES

	STRENGTH	SPEED	CARDIO
80 - 90			
65 - 79			
55 - 64			
40 - 54			
0 - 39	47	59	49

SKILLS

	0-39	40-54	55-64	65-79	80-90
STANDING STRIKES OFFENSE					42
STANDING STRIKES DEFENSE					40
STANDING KICKS OFFENSE					60
STANDING KICKS DEFENSE					58
CLINCH STRIKING OFFENSE					63
CLINCH STRIKING DEFENSE					48
GROUND STRIKING OFFENSE					49
GROUND STRIKING DEFENSE					47
CLINCH GRAPPLE OFFENSE					62
CLINCH GRAPPLE DEFENSE					57
TAKEDOWN OFFENSE					62
TAKEDOWN DEFENSE					51
GROUND GRAPPLE OFFENSE					48
GROUND GRAPPLE DEFENSE					49
SUBMISSION OFFENSE					47
SUBMISSION DEFENSE					50

IN THE OCTAGON

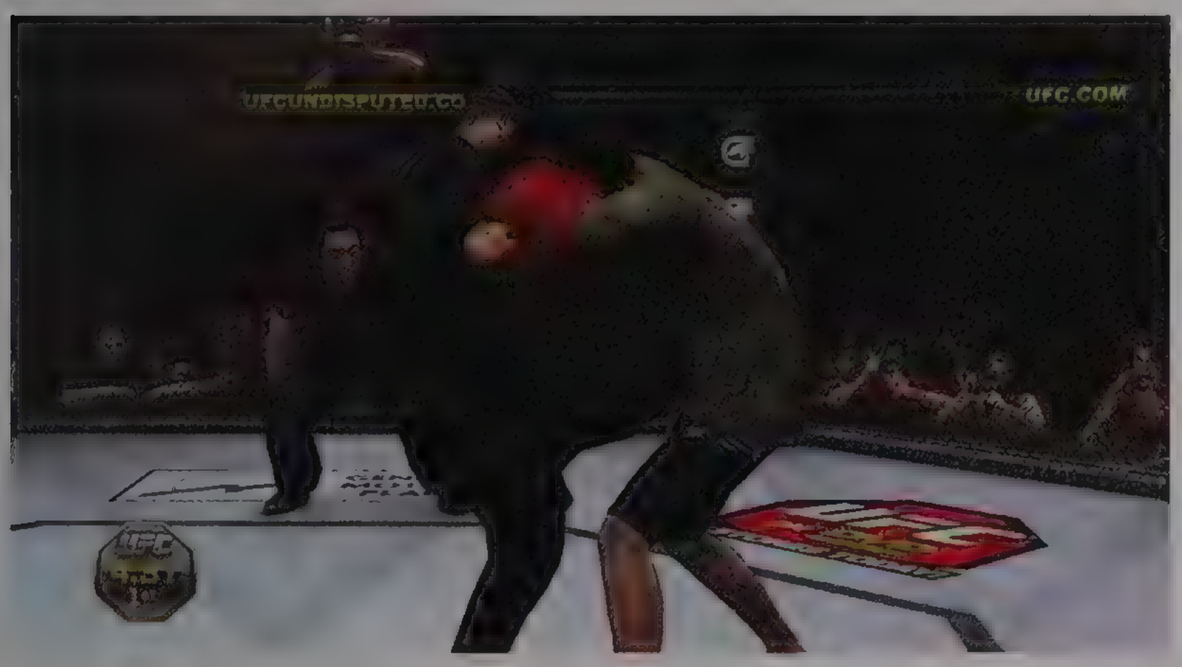


Like Mask, Punkass has creditable amateur MMA skill, but there's no confusing him with a true UFC fighter. His attributes are all extremely below average, as are his offensive and defensive skills. His best techniques are his standing kicks and his clinch striking and grapples. Even though these are his high points, they would be considered liabilities for any professional fighter. Your best chance as Punkass is to try to take the fight to the clinch and maintain a dominant clinch position while throwing strikes.

ON YOUR FEET

Punkass works best in the clinch, where he can use his clinch striking to good effect. His clinch grapple skill also gives him a decent chance to be able to transition effectively and maybe even take an opponent to the ground with a throw.

Try to keep the fight in the clinch as long as possible. Only look to take the fight to the ground if things aren't going well and you need some time to rest.



TO THE MAT

Clinch grappling and takedowns are two of Punkass's high points, but he's at a loss once the fight actually gets to the ground. His ground grappling skill is incredibly weak, and he's vulnerable to submissions and ground striking, without much offensive ability in either category.

You must be on point with your transition reversals to survive on the ground.

TAKING THE FIGHT TO PUNKASS

Fight anywhere your fighter is strongest and you should succeed.

If you're extraordinarily weak in the clinch, try to keep the fight on the ground. Odds are you won't need to worry much about Punkass's attacks. Keep your guard up, don't get sloppy, execute your game plan and pick up the victory.

SKYSKRAPE

STATISTICS

AGE>	31
BIRTHDATE>	10/23/78
WEIGHT>	185 lbs.
HEIGHT>	6'5"
REACH>	75"
STANCE>	Orthodox

NATIONALITY

HOMETOWN

FIGHTING OUT OF

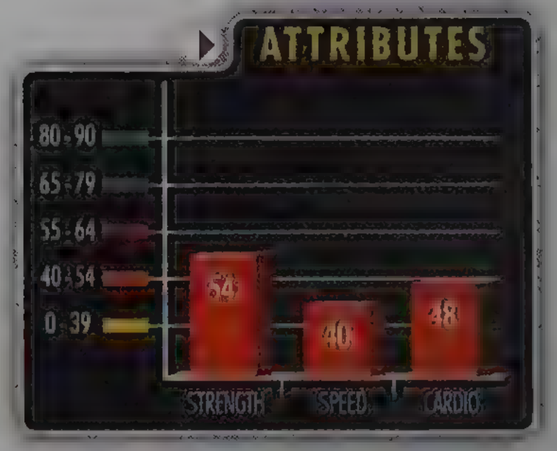
FIGHT CAMP
Tapout Training Center

TRAINER

RECORD

OVERALL>	0-0-0-0
UFC>	0-0-0-0

ATTRIBUTES



SKILLS

IN THE OCTAGON

Skyskrape has decent ground game for an amateur fighter, but no one would confuse him with a legitimate UFC pro. His offensive high spots are his takedowns, ground grappling and submissions, so that should be your path to victory. It won't be easy—all of Skyskrape's attributes and skills are much lower than any UFC fighter's on the roster. Try to take the ground to the fight as soon as possible so you can control the pace of the fight and avoid taking too much damage.

ON YOUR FEET

Skyskrape is an especially unskilled standing striker, and he's as weak against strikes and kicks as any other form of attack, so avoid keeping the fight standing. He's slightly better offensively in the clinch.

Use jabs to bait counter-strikes and shoot for a takedown.

TO THE MAT

Although they'd be liabilities for a true UFC fighter, Skyskrape's takedown, ground grapple, and submission offense are all impressive by amateur standards. Unfortunately, his severe lack of cardio means that he doesn't have much energy to be able to dictate the pace of the fight on the ground.

Save your ground and pound for when your energy is full or immediately following a reversal where your strikes will be harder to block

TAKING THE FIGHT TO SKYSKRAPE

Keep Skyskrape from obtaining a dominant position on the ground and you should have no difficulties overcoming him.

In order to maximize your chances of victory when fighting Skyskrape, keep the fight standing. Even if it goes to the ground, you're unlikely to have much trouble with him unless you're an especially sloppy or weak ground fighter.

MARCUS JONES

"BIG BABY"

Marcus Jones brought a 4-1 record and a seven-year NFL career with him when he came to the UFC via The Ultimate Fighter: Heavyweights. Jones was defeated in a semifinal bout by KO in the first round. He didn't fare much better at The Ultimate Fighter Finale, when he lost his fight ten seconds into the second round via KO.

STATISTICS

AGE>	36
BIRTHDATE>	8/15/73
WEIGHT>	260 lbs.
HEIGHT>	6'6"
REACH>	80"
STANCE>	Orthodox

NATIONALITY

HOMETOWN

FIGHTING OUT OF

FIGHT CAMP

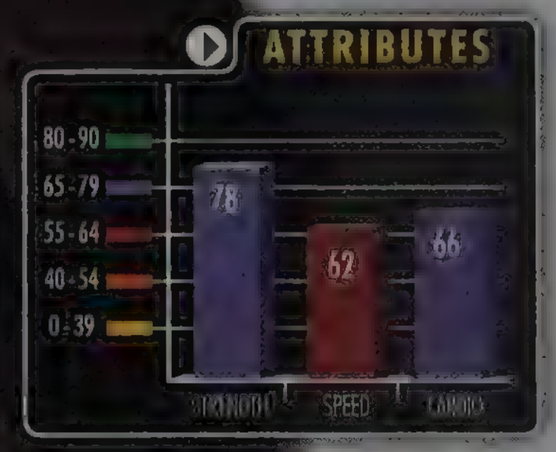
TRAINER

Rob Kahn

RECORD

OVERALL>	4-2-0-0
UFC>	0-1-0-0

ATTRIBUTES



SKILLS

(Heavyweight) GAMESTOP-EXCLUSIVE FIGHTER
MARCUS JONES

IN THE OCTAGON

Expect some difficulty bringing most fighters to the mat unless you catch a kick or shoot for a takedown under a poorly timed attack.

Like many heavyweights, Marcus Jones has much more impressive strength than speed, which he uses best on the ground in striking situations. Apart from his solid ground striking and clinch grapple offense, he's average at best offensively.

Defensively, Jones' severe lack of speed and below average cardio makes it hard for him to keep up with opponents. He's vulnerable to knockouts or TKOs, and his ground grapple defense is severely limited.

ON YOUR FEET

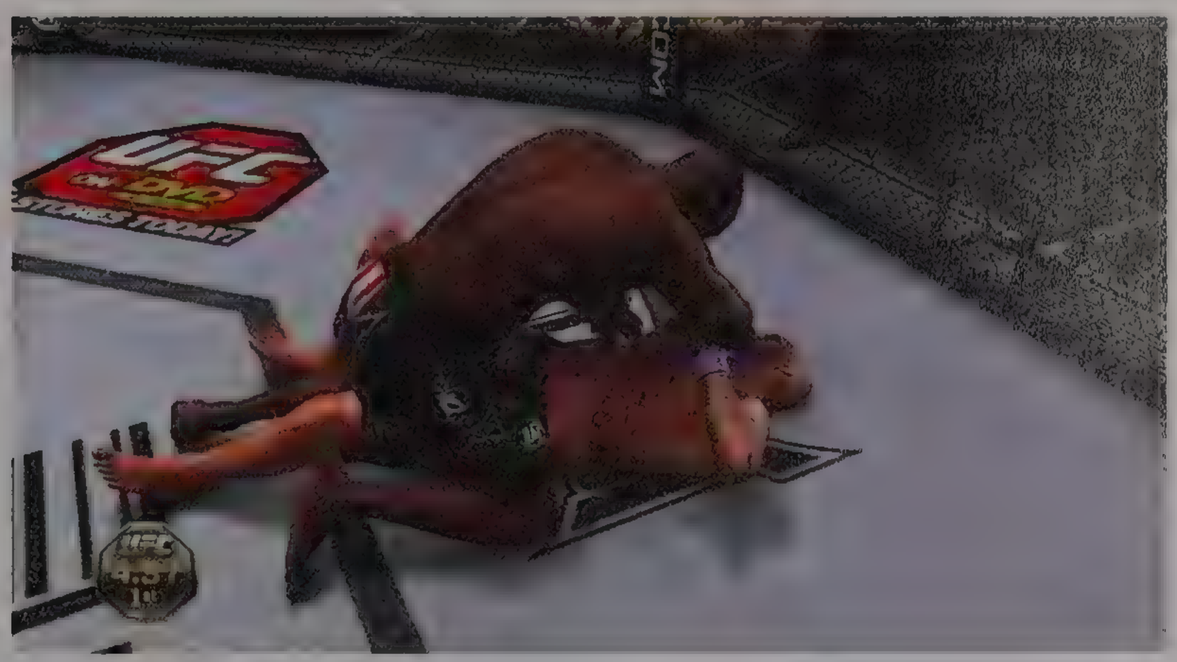
Although he's strong, Jones isn't fast or skilled enough to be an effective standing striker. Even worse, his defense is poor, which leaves him vulnerable to getting rocked or even knocked out cold. He's better suited to the clinch, or preferably the ground.

Look for predictable striking patterns in your opponent to exploit for an easy takedown.

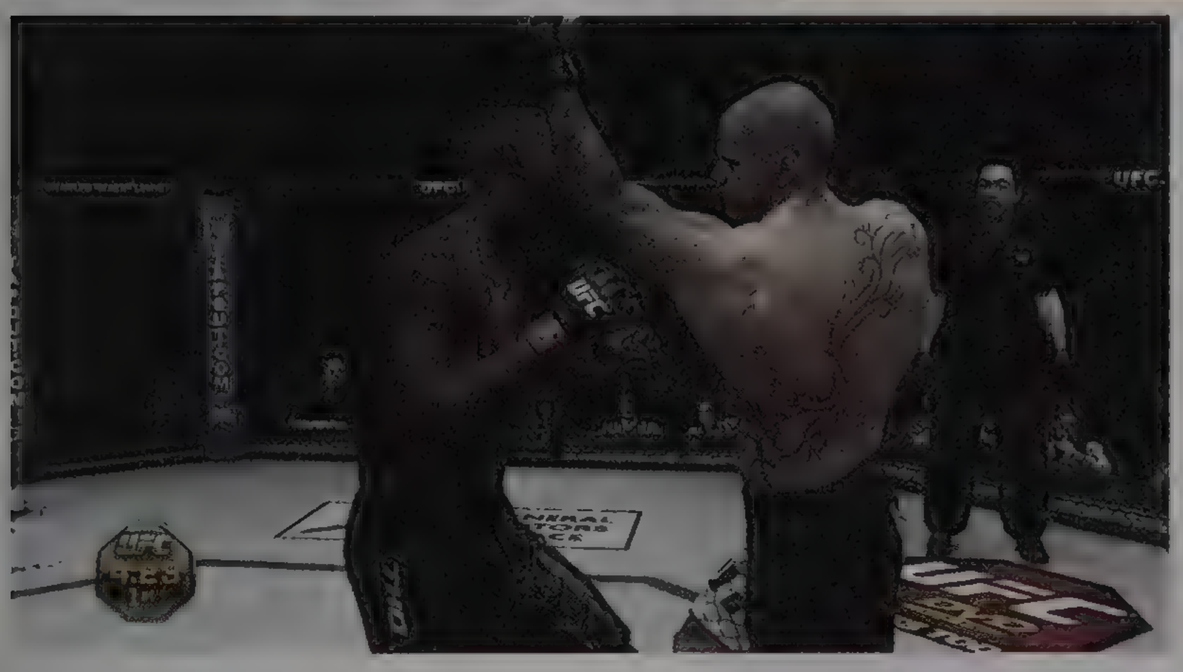
TO THE MAT

Use Jones's clinch grapple skill to bring the fight to the ground, and his strength and ground striking skill makes it possible to do some serious damage. However, his ground grapple skill is severely lacking. He has difficulty transitioning effectively or preventing an opponent's transitions, and his low cardio means he's likely to get gassed long before the end of the fight.

You must be patient and save striking for when Jones's energy is high or immediately after a reversal. Do not look to transition unless an opponent's stamina is low. Instead, look to reverse escapes.



TAKING THE FIGHT TO JONES



If you fight a smart, careful fight, you shouldn't have much to fear from Marcus Jones. His only true finishing power is his ground striking, which is hard for him to get into position to use effectively because of his limited ground grappling skill. He's slow, he lacks conditioning, and his defense is unspectacular, particularly in standing situations.

Keep the fight standing and use leg kicks to weaken Jones's takedown skills. Stay unpredictable with your striking to rob him of an easy takedown.

JAMES MCSWEENEY

"THE HAMMER"

Former kickboxer James McSweeney came to the United States in 2006 to begin training at Greg Jackson's MMA Academy. He made his UFC entrance via The Ultimate Fighter: Heavyweights, where he advanced to the semifinals before being defeated.

McSweeney was given another chance to compete, however, and he made a successful UFC debut at The Ultimate Finale: Heavyweights, winning via TKO in the third round.

STATISTICS

AGE>	29
BIRTHDATE>	10/24/80
WEIGHT>	230 lbs.
HEIGHT>	6'4"
REACH>	77"
STANCE>	Orthodox

NATIONALITY

HOMETOWN

FIGHTING OUT OF

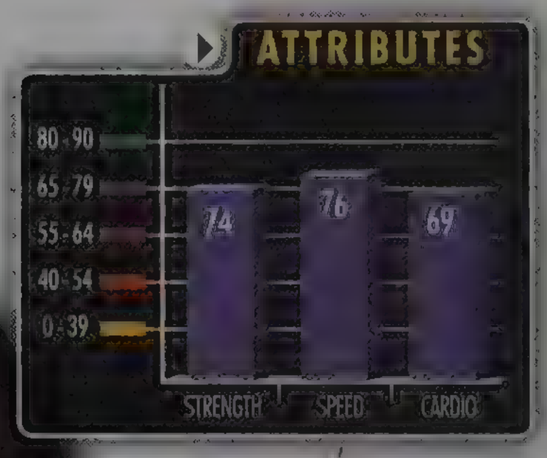
FIGHT CAMP

TRAINER

RECORD

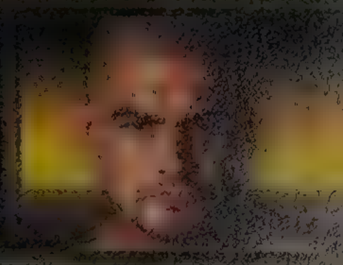
OVERALL>	4-4-0-0
UFC>	1-0-0-0

ATTRIBUTES



SKILLS

(Heavyweight) GAMESTOP-EXCLUSIVE FIGHTER
JAMES MCSWEENEY



IN THE OCTAGON

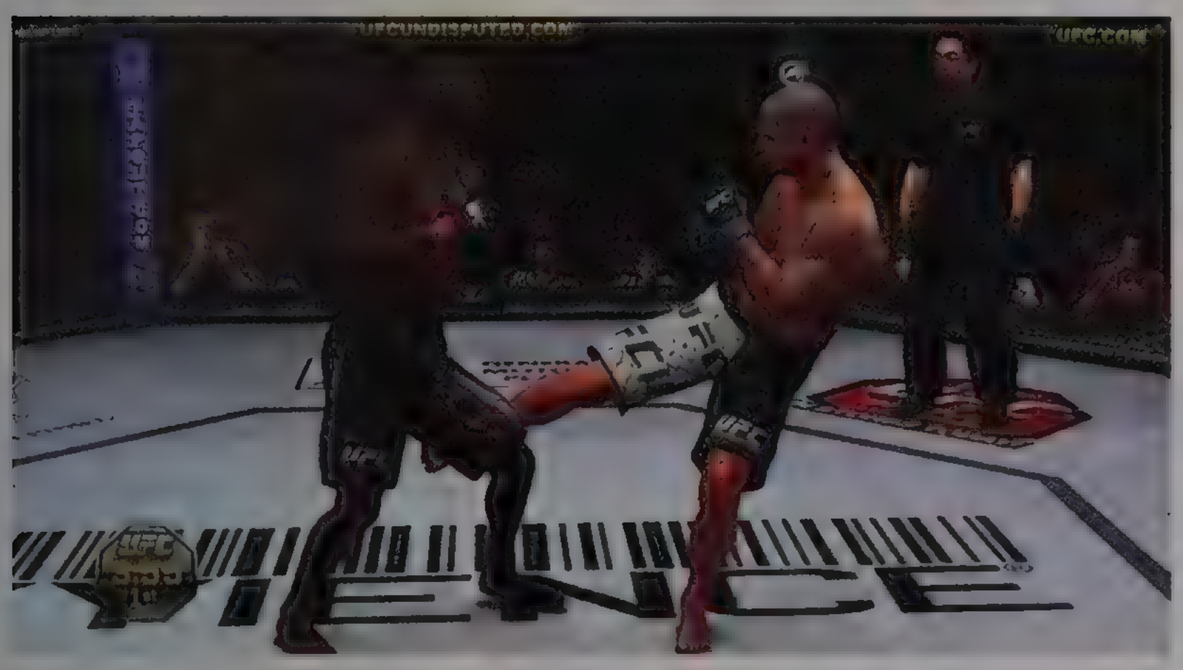
Keep the fight standing, and remain unpredictable with your strikes and kicks to avoid easy takedowns.

James McSweeney is a kickboxing veteran who's generally better in standing situations than he is on the ground, where his offense is only average. He has decent strength and good speed for a heavyweight, which helps him to put some power behind his punches and pick his spots.

On defense, McSweeney has trouble resisting takedowns, and his ground defense is only average at best. He's better in standing situations, but he needs to let a good offense compensate for his lackluster defense.

ON YOUR FEET

When fighting as McSweeney, keep the fight standing and throw punches and kicks in equal amounts. McSweeney has good offensive skill in each. Shots to the head can rock an opponent, body blows deplete stamina, and leg kicks help to weaken the opponent's takedown offense, helping McSweeney keep the fight standing.

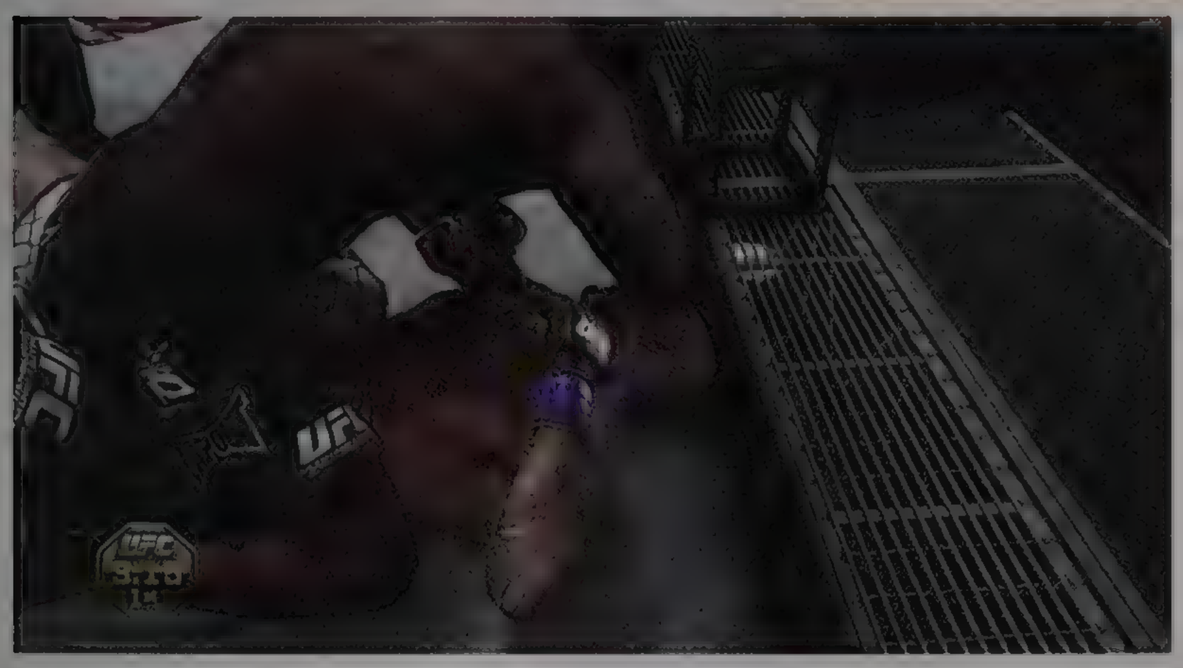


TO THE MAT

Don't let the fight go to the ground if you can help it. McSweeney lacks the skill and the cardio to be an effective ground fighter, and he's defensively limited across the board. Use his leg kicks to wear down the opponent's vertical base, and remember that a knee can be an excellent takedown counter.

If you end up on your back, keep your opponent from posturing up and look for opportunities to reverse any transitions and immediately go back to your feet.

TAKING THE FIGHT TO MCSWEENEY



Take the fight to the mat through whichever means your fighter is best at; McSweeney lacks any real defense against clinch throws or takedowns.

McSweeney is a decent standing striker, but he's not overwhelming. If you have significant standing striking skill, you can trade blows with him and probably come out the better for it. The safest path to victory is to take him to the ground, transition effectively to a dominant position and finish McSweeney with a submission or strikes, neither of which he has especially good defense against.

ROY NELSON

"BIG COUNTRY"

Roy Nelson is a Gracie Jiu-Jitsu black belt and the winner of The Ultimate Fighter: Heavyweights. He come to the UFC with a well-deserved rep as one of the game's top heavyweights, and he has victories over Kimbo Slice (on The Ultimate Fighter), Brendan Schaub, and Stefan Struve. In both of his UFC fights, he has won Knockout of the Night honors.

STATISTICS

AGE>	33
BIRTHDATE>	6/20/76
WEIGHT>	265 lbs.
HEIGHT>	6'0"
REACH>	73"
STANCE>	Orthodox

NATIONALITY

HOMETOWN

FIGHTING OUT OF

FIGHT CAMP

TRAINER

RECORD

OVERALL>	14-4-0-0
UFC>	1-0-0-0

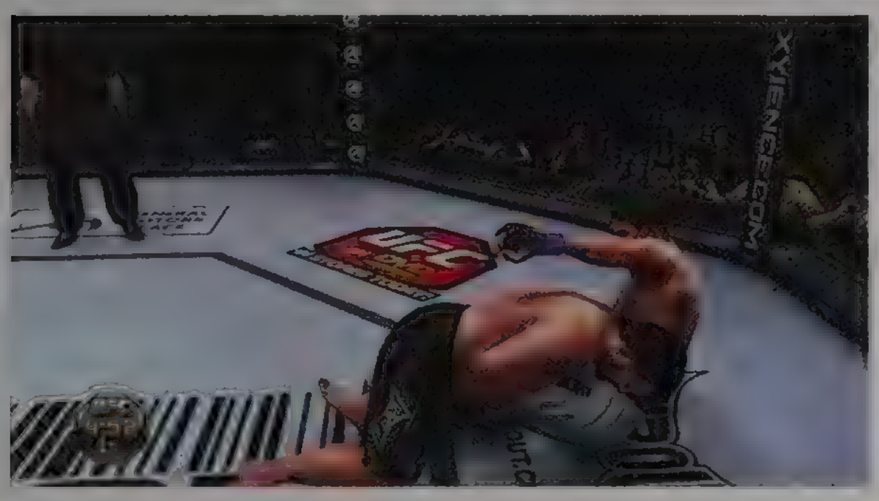
ATTRIBUTES

SKILLS

(Heavyweight) GAMESTOP-EXCLUSIVE FIGHTER

ROY NELSON

IN THE OCTAGON



Take the fight to the ground with Nelson's takedown skills.

Roy Nelson is a classic ground and pound fighter, with solid takedown skills, excellent ground striking offense, and enough strength and cardio to back them up. However, he's also been showing some firepower on his feet as well.

Nelson lacks defense against standing kicks, but other than that, he's defensively solid. He's almost impossible to take down if he doesn't want to go there, and very few fighters can consistently transition effectively against them[md]but many will gas themselves trying.

ON YOUR FEET

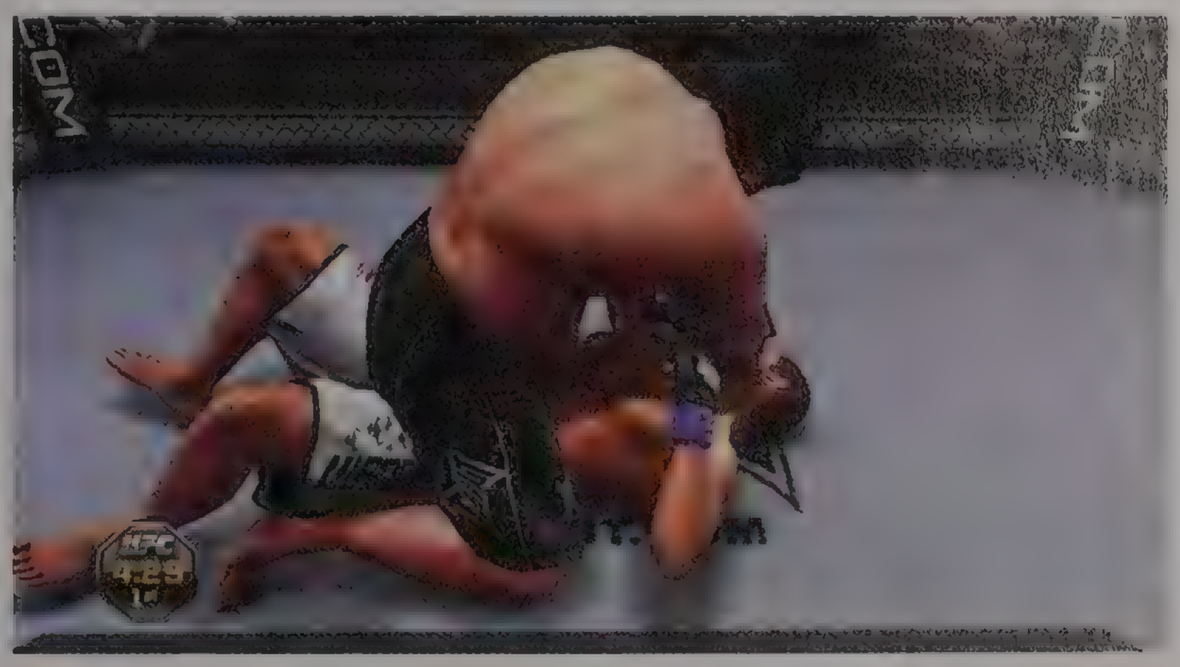
Roy Nelson's standing striking skills are average, and his standing kicks skills are underdeveloped. He's also mediocre in the clinch. However, he does have bullish takedown offense, which helps him bring the fight to the ground, where he likes it.

Keep your guard up while you maneuver closer to your opponent. You should avoid throwing strikes against all but the worst strikers.

TO THE MAT

With his strength and takedown offense, Nelson generally doesn't have too much trouble bringing the fight to the ground. His ground grapple offense isn't spectacular, but he has the cardio to keep the pressure on his opponent and exhaust him. And with Nelson's ground grapple defense, it's difficult to gain an advantageous position on him.

Once Nelson gets into a dominant position, look out. His ground strikes, backed by his great strength, will put a hurt on an opponent in a hurry.



Use Nelson's excellent ground and pound offense to force the opponent to try to escape, with Nelson's grappling defense you should see ample reversal opportunities.

TAKING THE FIGHT TO NELSON

The two best strategies to use against Nelson are to keep the fight standing and to exploit his vulnerability by wearing him down with leg kicks. This impacts his already so-so speed and limits his takedown skill. Close in with strikes to the head to rock him.

Keep your distance against Nelson to avoid his takedowns. Look to reverse obvious takedown attempts and punish with an attack to his head.

BRENDAN SCHAUB

"THE HYBRID"

Brendan Schaub trained with Rashad Evans prior to joining Team Rashad on The Ultimate Fighter: Heavyweights. Schaub won all three of his preliminary bouts, knocking out Marcus Jones to advance to The Ultimate Finale, where Roy Nelson knocked him out to become The Ultimate Fighter.

However, Schaub was given another UFC opportunity at UFC Live: Vera vs. Jones, and he made the most of it. Schaub won with a TKO less than a minute into the first round of the fight, proving that he belongs in the UFC Heavyweight Division.

STATISTICS

AGE>	27
BIRTHDATE>	3/18/83
WEIGHT>	240 lbs.
HEIGHT>	6'4"
REACH>	78"
STANCE>	Orthodox

NATIONALITY

HOMETOWN

FIGHTING OUT OF

FIGHT CAMP

TRAINER

RECORD

OVERALL>	4-1-0-0
UFC>	0-1-0-0

ATTRIBUTES

SKILLS

(Heavyweight) GAMESTOP-EXCLUSIVE FIGHTER
BRENDAN SCHAUB

IN THE OCTAGON

Schaub's best chance to take the fight to the ground is to utilize his high takedown offense.

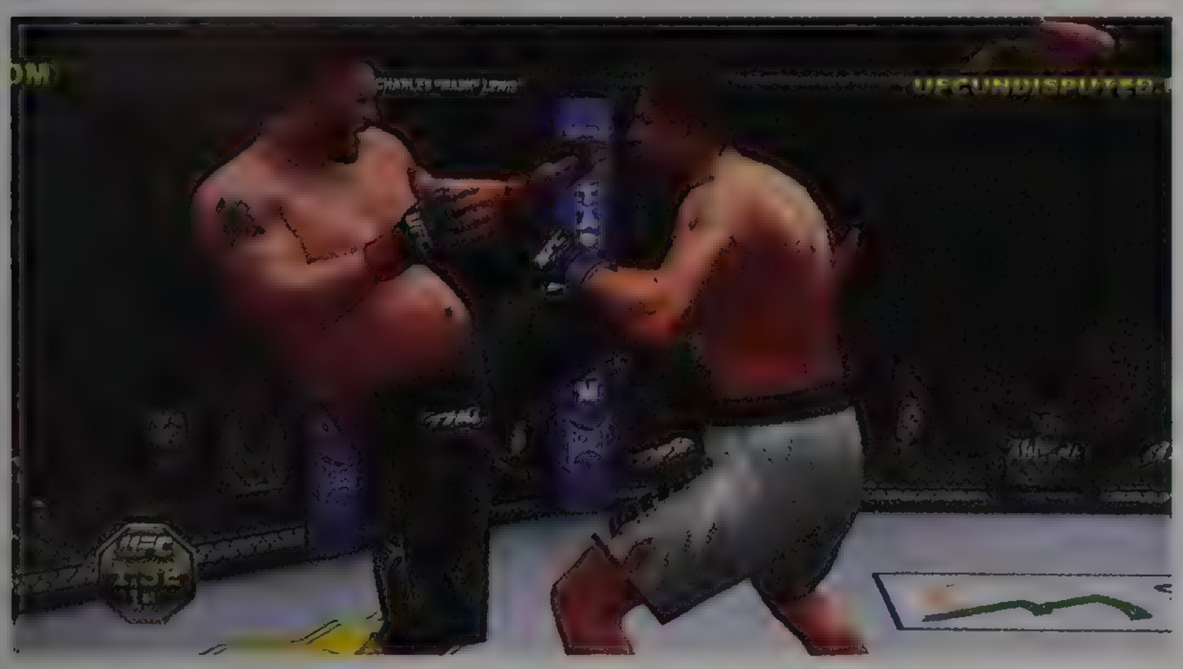
Former football player Brendan Schaub earned his first UFC victory with a TKO a sign that "The Hybrid" has the tools to take out anyone standing with his speed and power.

Defensively, Schaub is solid, with average defense in the clinch and against ground strikes but significantly better defense in every other situation.

ON YOUR FEET

Schaub has enough defensive skill to be able to hold his own for a while in a standing fight, but he lacks real offensive skill and power while on his feet. Use Schaub's defense to carry you until you find an opportunity to shoot for a takedown and take the fight to the ground, where Schaub can dominate.

With Schaub's fairly good standing defense, he can also fish around for kicks to grab and use that to take his opponent to the ground.



TO THE MAT

Your goal in every fight should be to use Schaub's best offensive skills to their fullest potential by shooting for a takedown, grappling into a dominant position, and locking in a submission hold to finish the fight. Be aware that Schaub doesn't have outstanding cardio, so transition efficiently to avoid wasting stamina.

Use striking in less dominant positions or when the opponent has high stamina. Look for your opponent's stamina to drop to low levels and lock in a submission.

TAKING THE FIGHT TO WILKS

Use kicks to weaken Schaub's legs and damage his ability to effectively take the fight to the ground.

Schaub is weakest offensively and defensively in the clinch, so if you have solid clinching skills, that's the best place to attack him. Body blows are good for depleting his limited stamina. Avoid letting the fight go to the ground, where Schaub's dangerous ground skills give him the advantage.

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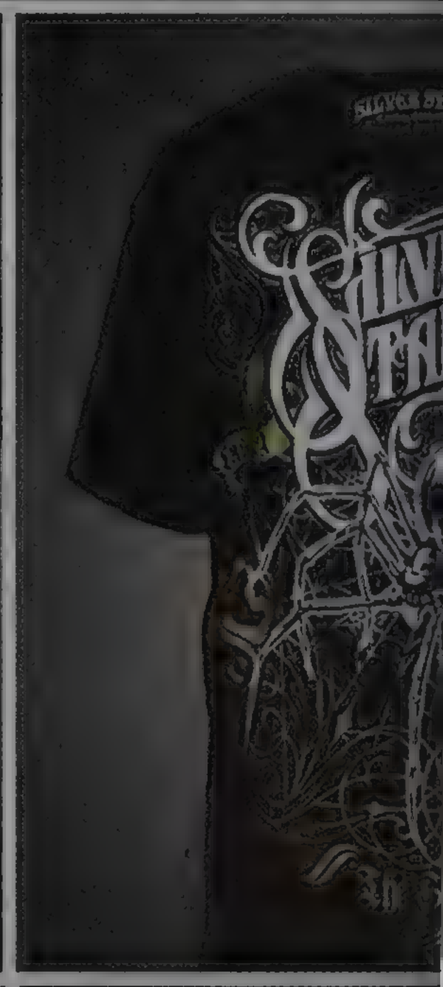

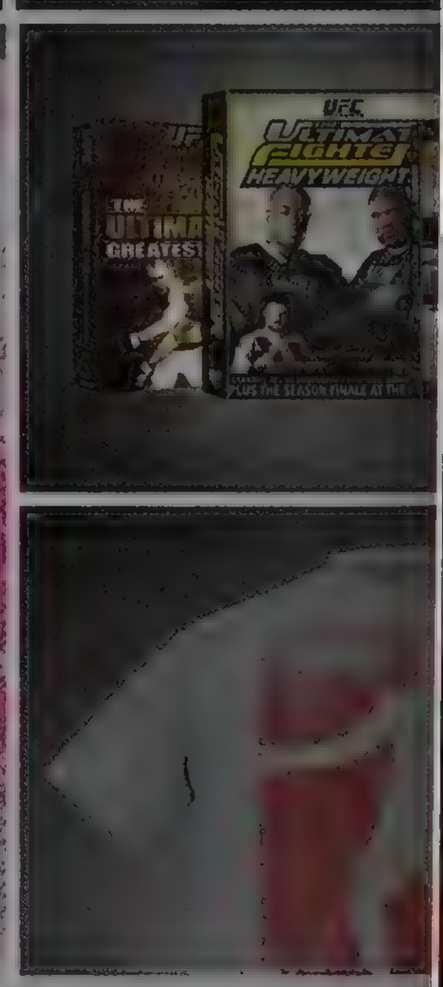

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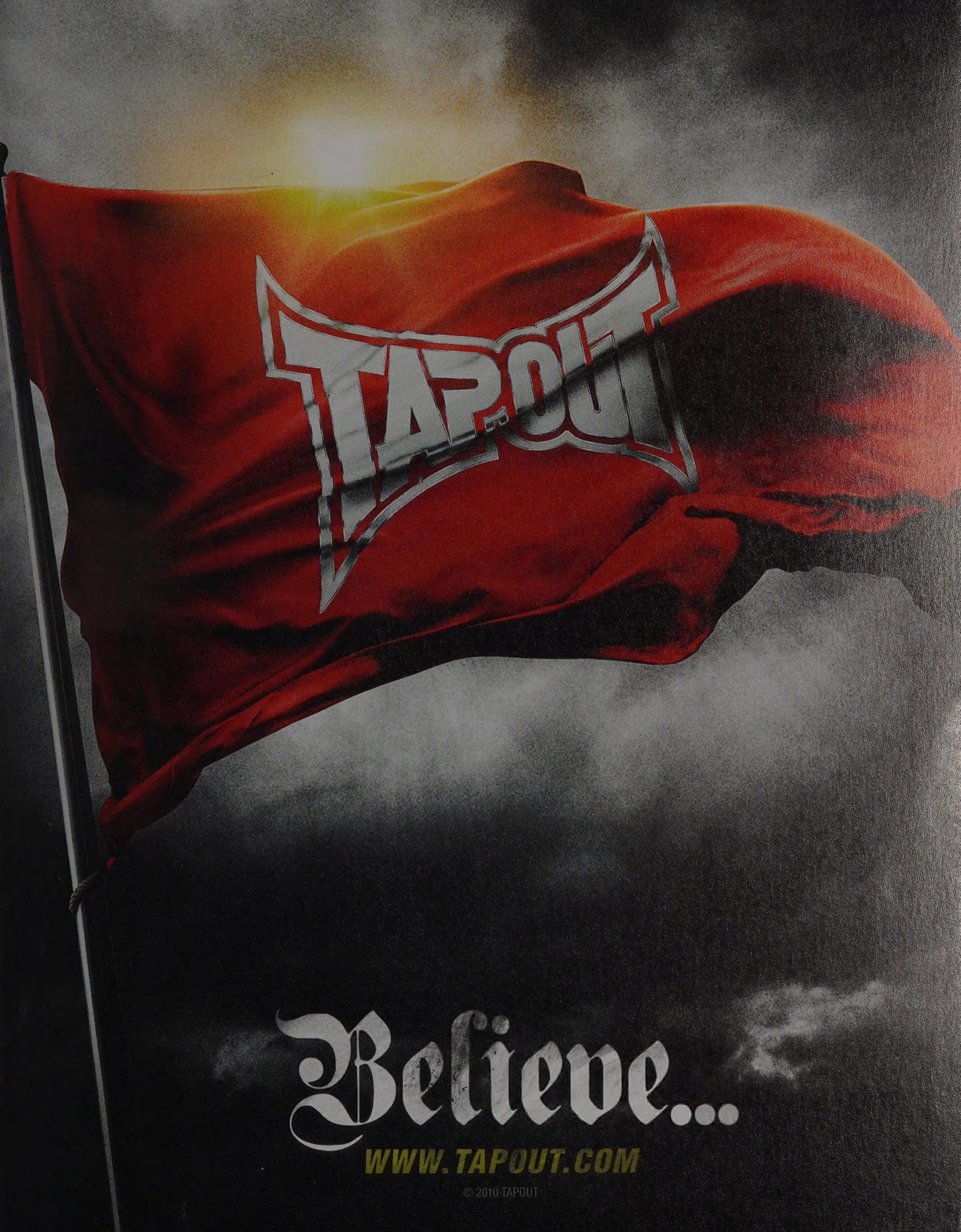
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UFC UNDISPUTED 2010

Official Strategy Guide

Written by Bryan Stratton and Ian Rogers

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EDITOR-IN-CHIEF
H. Leigh Davis

LICENSING DIRECTOR
Mike Degler

INTERNATIONAL
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CREDITS

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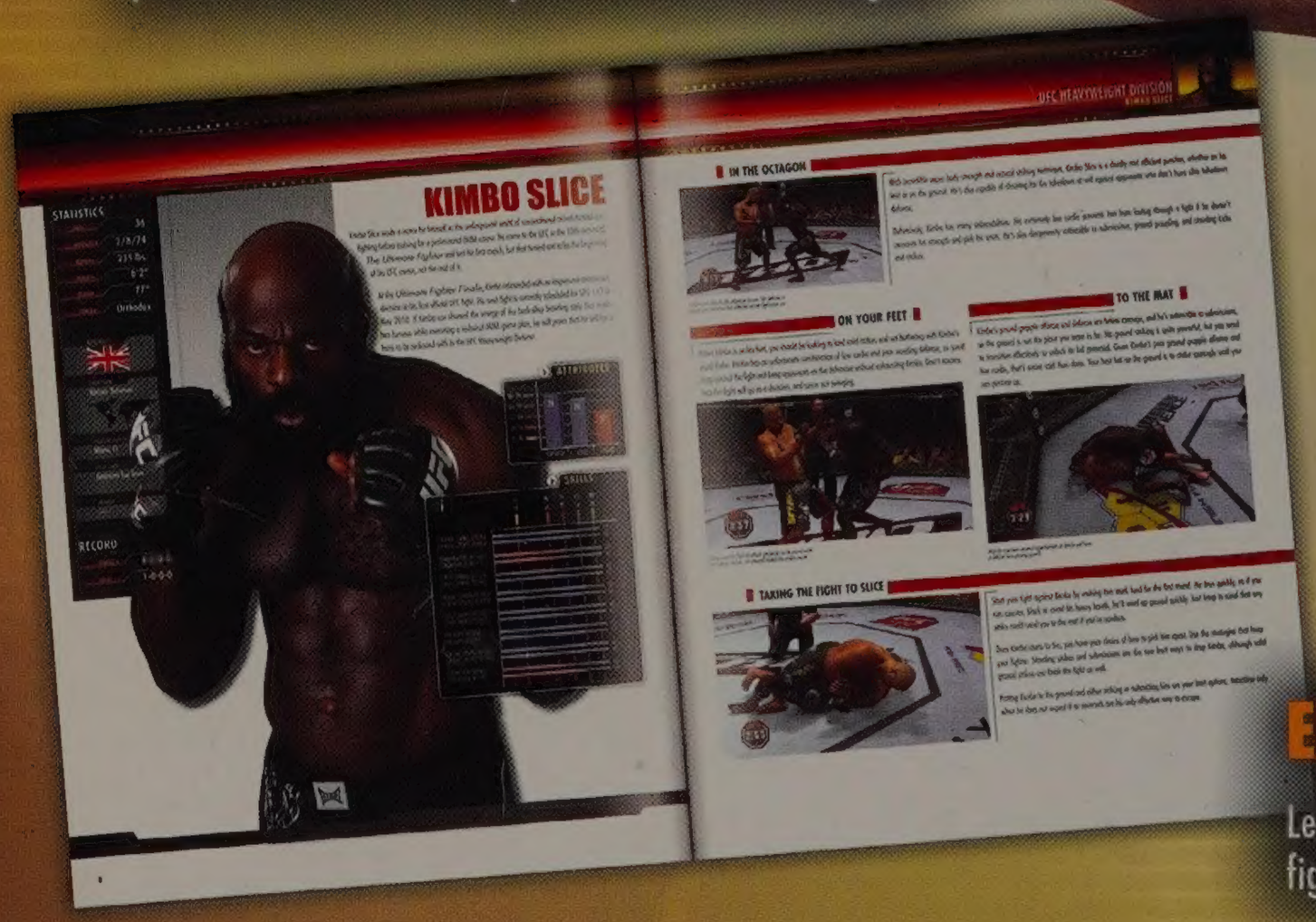

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